

Family Technology Plan

AT HOME KIT

Welcome to “Family Technology Plan At Home Kit” with the following kit you’ll be able to make your own Family Technology Plan with your whole family! Technology and Screens are a growing part of our society, culture, and daily lives. Managing expectations and how these are used is an important part of parenting today! With the following documents and activities you’ll be able to openly discuss expectations and guidelines for your whole family!

HOW DOES IT WORK?

Step 1: Give every family member, even parents, a copy of “Family Technology Plan Blueprint”. Give each family member time to fill out their preferences and opinions for each section. Then move down to each Element. If they believe a certain section should not apply, simply choose “No” and move on. If they believe a section should be a part of their Family Technology Plan then they should select “Yes” and list suggestions.

*Note: The Blueprint is for everyone to voice their ideas and all suggestions should be listed without removal at this time.

Step 2: A Parent should collect all the “Blueprints” and then take a copy of “Family Technology Plan Worksheet”. (You will need 2 copies of this sheet) Start by discussing as a family the individual goals you have for creating this Plan. Next, list all suggestions and notes for each Element of each family members “Blueprint”.

*Note: You’ll be compiling all suggestions and options for each Element for EACH family member on 1 universal “Worksheet”

Step 3: As a family walk through each Element from the combined Worksheets and discuss which parts should stay and which should go for your family. This discussion is key to creating 'buy-in' from your children.
*Note: Depending on age and screen use, each of these Elements may vary by child

Step 4: Take a second copy of "Family Technology Plan Worksheet" and list all your finalized items, suggestions, and decisions for each Element. This will allow you to better see and understand your Plan. Be sure everyone understands each Element and all expectations.
*Note: Remember, you are not setting this in stone. If you make a choice and it's not working out you can always change it later.

Step 5: Read aloud the "Family Technology Plan Covenant" and have each family member sign it to commemorate the experience and commitment to follow it.
*Note: I recommend putting this somewhere you'll see it often to remind your family of the commitment to it.

The goal of Family Technology Plan is to give your family a practical tool to manage expectations and guidelines around technology for the whole family. What you'll create is simply a target to aim for daily. Give yourself grace and patience as your family tries to achieve these goals.

If you have questions or would like to learn how you can bring Family Technology to your church, ministry, or school. Contact Tony at **FamilyTechnologyPlan.com**!

Family Technology Plan Blueprint

Instructions: Each member of the family needs to decide what Elements they want in their Family Technology Plan. First, circle YES or NO, if YES, then write out your suggestions. If NO, move on to the next Element

Screen Free Zones - Areas of the house that screens are not allowed
YES of NO

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Log-Off Times - Times when devices with screens are turn off.
YES of NO

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Overnight Bedroom Policy - What time do devices need to leave the bedroom for overnight? (Only applicable if Bedroom is NOT a Screen Free Zone)
YES of NO

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-

Family Technology Plan Blueprint

Free Time on Devices - The amount of play time each family member gets on their devices

YES of NO

-
-
-
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Consequences - List suggested consequences for those that may break the Family Technology Plan

YES of NO

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Questions:

Family Technology Plan Blueprint

Additional Elements (Not required)

Quiet Time Policy - A minimum of 15minutes in the Bible or Prayer is required before Screen Time

YES of NO

Car Usage - Students must ask permission before using device while in the car. Driver must not text and drive.

YES of NO

Replacement Policy - Student may choose to purchase additional protection at time of device purchase. If they DO, and the device is damaged; parents will cover cost. If they DO NOT, the student will cover cost

YES of NO

Family Technology Plan

Family Goals

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The Plan

Screen Free Zones - Areas of the house that screens are not allowed

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Log-Off Times - Times when devices with screens are turn off.

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YES of NO

Family Technology Plan Covenant

As a family we understand the importance of being active and proactive towards technology and the things with screens that can distract us from each other, our mental development, and our relationship with the Lord.

Therefore, we as a family sign this covenant to God and to one another stating that we will strive to have better relationships with each other and that technology will not rule us.

We have created our Family Technology Plan and all that sign below have agreed to its terms, statements, consequences, and guidelines.

_____	_____
_____	_____
_____	_____

~8th of February, 2020~