**FAMILY MEDIA PLAN 6 – 18 years-old**

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & kids and other users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family’s values.

**If your children are younger than 6,** make YOUR on-line family’s Media Use Plan go to: <https://www.healthychildren.org/English/media/Pages/default.aspx>

**For 6-18 year old children:**

**Screen Free Zones:** ‌‌‌‌Having areas of your home remain screen-free is important.

*Mobile devices & TVs are not allowed in the following screen-free zones in our home (e.g., bedrooms, kitchen dining table):*

**Screen Free Times:** ‌Taking breaks from technology each day is important.

*We will not use mobile devices or other screens during the following times (e.g., one hour before bedtime, meal time, while driving):*

**Device Curfews:** ‌‌Deciding when all devices are turned off for the night is important. The blue light from the TV or mobile screen can interfere with sleep, and digital alerts can disturb sleep.

*Family devices curfews will be (e.g., charge devices overnight in parent’s bedroom, kitchen):*

‌‌**Choose Media that is Worth Your Time:** Use media in a way that promotes **co-viewing** (watching media with a parent or adult) and **co-playing** (playing video games & using apps with a parent or adult).

*When we have recreational screen time,* ***we will:***

*When we have recreational screen time,* ***we will NOT*** *(e.g., visit inappropriate or unsafe sites)****:***

**Balancing Online & Off-line Time:** ‌‌

*By decreasing screen time, we will have more time for (e.g., laughing together):*

*We will show good media manners by (e.g., not looking at phone when talking face-to-face):*

**Digital Citizenship and Safety:** Cyberbullying and abuse via digital and social media is a significant problem for kids today.

*We will use digital media well and safely by (e.g., ask permission before forwarding images, tell adult if someone is bullied, not give out personal information, only chat with persons my parents approve):*

***Adapted from:*** American Academy of Pediatrics (Copyright 2016) Council on Com. and Media. <https://www.healthychildren.org/English/media/Pages/default.aspx>