

Everyday, Everyone

Devices must be put away by _____ 01
weeknights and _____ weekends

All devices charge in the master bedroom 02
at night (no devices in kids rooms during
sleeping hours)

No devices during family meals, game 03
time, or tech free time*

*Tech free time is flexible and will be implemented
by request. A 10-minute notice must be given.

Kids

No Locked Screens 04

No secret social media/ email/ 05
networking accounts

No arguing if parents ask to see my 06
phone

Kids

All morning goals must be met before I 07
get my phone for the day

Devices/Internet may not be used to 08
hurt people inside or outside of the
family

Add your own here 09

Parents

No work contact after _____ 10

Pictures of kids posted online must 11
be approved by kids first

No devices during sleeping hours 12

No choosing phones over kids 13

Add your own here 14



Family Technology Plan



Social Media

No making fun of, complaining about, or being mean to people online 15

No pictures may be posted/sent that parents would not approve of 16

Add your own here 17

Add your own here 18

Add Yours Here

Add your own here 19

Add your own here 20

Add your own here 21

Add clarification here

Slip-Ups

Devices are surrendered for 24 horus 1-3

Devices are surrendered for 48 horus 4-9

Add your own here 10-14

Add your own here 15-18

Add your own here 19-21

Add penalty for parent slip-ups here

Family Goals

Connect as a family on a networking app 22

Create and maintain a family calendar 23

Add your own here 24

Reminder

Devices are not private 25

Data plans are limited 26

Calls or texts from parents are answered 27

Broken phones don't get replaced 28

Add your own here 29

Not arguing about your phone being taken away will allow you to reduce your penalty time by 50% 30

Family Signatures

I agree to the family plan:
