

FAMILY MEDIA PLAN

This template is designed to help you create a customized Family Media Plan that aligns with your goals, priorities, and habits. Sit down as a family to discuss how you want to use social media safely and responsibly, using these prompts as guides. Revisit and update your plan regularly.

Our **FAMILY** vision for social media use (ex: To promote healthy, balanced media habits, to ensure everyone feels safe and supported online.)

The **MAIN GOALS** for our family social media use:

1.

2.

3.

4.

This agreement will apply to the following **DEVICES**:

- | | | |
|--------------------------------------|------------------------------------|--------------------------------|
| <input type="checkbox"/> Phone(s) | <input type="checkbox"/> Tablet(s) | <input type="checkbox"/> Other |
| <input type="checkbox"/> Computer(s) | <input type="checkbox"/> TV(S) | <input type="checkbox"/> |

SCREEN-FREE times and spaces:

- | | | | | |
|-----------------------------------|---------------------------------|--|--|--------------------------------------|
| <input type="checkbox"/> Mornings | <input type="checkbox"/> School | <input type="checkbox"/> In the car | <input type="checkbox"/> Before homework | <input type="checkbox"/> Watching TV |
| <input type="checkbox"/> Nights | <input type="checkbox"/> Meals | <input type="checkbox"/> With friends/family | <input type="checkbox"/> Before chores | <input type="checkbox"/> |

Optional: Provide specific details for your family's screen-free zones listed above (ex: 1 hour before bed, 1 hour after waking, what will do instead).

SMART, SAFE & KIND. How will your family promote responsible behavior online?

- | | |
|---|---|
| <input type="checkbox"/> Personalize Privacy settings | <input type="checkbox"/> Only accept requests from those you know |
| <input type="checkbox"/> Share positive content | <input type="checkbox"/> Report negative/inappropriate content |
| <input type="checkbox"/> Be mindful of what you post (fact check) | <input type="checkbox"/> Support others through likes/comments) |
| <input type="checkbox"/> Get permission before downloading an app | <input type="checkbox"/> Create action plan for cyberbullying |

Optional: Provide specific details about how your family will be **smart, safe,** and **kind** online:

INTENTIONAL social media use:

- | | | | |
|---|----------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Phone Settings | <input type="checkbox"/> Breaks | <input type="checkbox"/> Connecting | <input type="checkbox"/> Uplifting Accounts |
| <input type="checkbox"/> Screen-time | <input type="checkbox"/> Purpose | <input type="checkbox"/> Reflecting | <input type="checkbox"/> Open Dialogue |

We will get together as a **FAMILY** to discuss our **MEDIA USAGE** with regular check-ins to ensure everyone is on track:

- | | | |
|----------------------------------|---|------------------------------------|
| <input type="checkbox"/> Weekly | <input type="checkbox"/> Biweekly | <input type="checkbox"/> Quarterly |
| <input type="checkbox"/> Monthly | <input type="checkbox"/> Every 2 months | |

Schedule the next **Family Media Meeting(s)** now. (i.e. every other Sunday at 4 PM):

We will **discuss** the following at the next Family Media Meeting:

- | | |
|--|---|
| <input type="checkbox"/> Personal social media goals | <input type="checkbox"/> New apps, trends, updates |
| <input type="checkbox"/> Challenges/concerns | <input type="checkbox"/> Adjustments to Family Media Plan |

Expand on Family Media Meetings, and what will take place in the meantime (check-ins, conversations, etc.):

Individual family member **Social Media Goals**:

Specific plans/details for executing **Individual Social Media Goals**:

