

FAMILY MEDIA PLAN

This form, created by [Socially Media](#), is meant to be a template for customizing a Family Media Plan to match the goals, priorities and habits for your family and household.

We recommend you sit down together with your family to discuss how you want to safely and responsibly use social media, using the following questions as prompts. We encourage you to have a discussion regarding the following topics and feel free to revisit the form and update your plan regularly.

The **MAIN GOAL** for this agreement is:

Our **FAMILY** goals for social media use include:

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) | |

We agree to keep the following times and spaces “**SCREEN FREE**”:

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

Optional: Provide specific details for your family's screen-free zones listed above:

We agree to be **SMART, SAFE** and **KIND** when online by:

- | | |
|---|--|
| <input type="checkbox"/> Personalize Privacy settings | <input type="checkbox"/> Only accept requests from people you know |
| <input type="checkbox"/> Share positive content | <input type="checkbox"/> Report negative/inappropriate content |
| <input type="checkbox"/> Be mindful of what you post | <input type="checkbox"/> Show empathy/support for others |
| <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:

We will get together as a **FAMILY** to discuss our **MEDIA USAGE**:

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

Our **Family Media Meeting** will take place on: (i.e. every other Sunday at 4 PM)

We will discuss the following at our Family Media Meetings:

FAMILY SIGNATURES:

How you **INDIVIDUALLY** plan to be **INTENTIONAL** with your media use:

- | | | | | |
|-------------------------------------|----------------------------------|---|--|--------------------------------|
| <input type="checkbox"/> Boundaries | <input type="checkbox"/> Breaks | <input type="checkbox"/> Uplifting Accounts | <input type="checkbox"/> Reflecting | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Limits | <input type="checkbox"/> Purpose | <input type="checkbox"/> Notifications OS | <input type="checkbox"/> Open Dialogue | <input type="checkbox"/> _____ |

Personal **Social Media Goals**:
