PROJECT RESET
Finding Digital Balance

INSTRUCTIONS

It's important to stay aware of how our on-screen and off-screen activities fit into our lives and if there is a healthy balance between the two. It's also important that we use screens and digital media in a way that lets us get the amount of sleep that we need to be at our best physically and mentally. Together, use the following conversation starters and checklist to do a media balance checkup on your family and see if there are any changes you would like to/think you should make and use this information to complete the family media plan.

CONVERSATION STARTERS

Take about these questions together. Does your family agree?
- Do digital devices (phones, tablets, TV) ever keep us from getting enough sleep?
- Do we use them while we eat?
- Do we do activities together without devices? Do we ever use them together?
- Does our digital device use ever cause fights? If so, what are the fights about?
- When we use our devices, how is it fun? What do we learn?
- Is there anything we want to change about how we use our devices? If so, what?

CHECKLIST

Go through the checklist together and then decide if there are any changes you would like to make

- ☐ We try to get a full night's sleep (around eight hours) even when we have lots of text, email, or social media notifications.
- ☐ We stop using devices about an hour before bedtime.
- ☐ We keep devices out of the bedroom and/or shut them off at bedtime.
- ☐ We use device settings or parental controls to shut off devices at bedtime.

Does the way your family uses digital media feel balanced and healthy? Do you think your digital media habits are in balance around sleep? Give a thumbs up or thumbs down. Does your family agree? If you want to make changes, what are they? Think of changes that work for the whole family since you're all on the same team!

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WARM UP:

Creating a Family Media Plan can be overwhelming which is why we've created a simple version to help get you started!

- **First**, talk about this as a household - use the family digital media check-up to help you get started
- **Second**, pick an area or a couple of areas in your home that can be **screen free zones**. This can be an area where screens are not allowed.
- **Third**, choose some times that you want to prioritize as **screen free times** where you will put the screens and devices away. This can be any time that works for your family.

Feel free to pick only one thing and give it your best effort!   Or go ahead an change the ideas given to suit your preferences.

SCREEN FREE ZONES   ➡   SELECT BELOW OR CREATE YOUR OWN

Our Screen Free zones are:

- ☐ Bedroom
- ☐ Dinner Table while eating
- ☐ In the car
- ☐ _____
- ☐ _____

SCREEN FREE TIMES   ➡   SELECT BELOW OR CREATE YOUR OWN

Our Screen Free times are:

- ☐ While eating
- ☐ Before school
- ☐ During family time
- ☐ During sleeping hours _____
- ☐ _____
- ☐ _____

MEANINGFUL USE   ➡   EXCEPTIONS TO THE RULES!

Sometimes **what** we're doing with digital technology matters more than **where** and **when**. It might be a good idea to write down a few times when you feel ok with breaking your own rules! This might be when you are using technology to be creative, learning a new skill or having fun together as a family.

- ☐ While learning a new recipe
- ☐ When digital technology enhances family time (music for dancing)
- ☐ _____
- ☐ _____