

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. **If you decide you would like to make some changes we have included an optional Family Media Plan worksheet to get you started.**

## CONVERSATION STARTERS

Talk 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 at least 1 hour before bedtime.
- We keep devices out of the bedroom and/or shut them off at bedtime.

Does the way your family use 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! **If everyone feels that no changes are needed then congratulations on finding digital balance!**

## "OUR FAMILY PARTICIPATED IN PROJECT RESET" RETURN SECTION

Complete and return this section to your child's classroom if they are participating in the **family engagement or participation booster challenge** (your child or their teacher will let you know if you need to return this section).

Parent initial: \_\_\_\_\_

Our conversation about screen time balance was (check one):

- surprising   difficult   helpful 

Any comments you'd like to share? \_\_\_\_\_

**\*If viewing this document electronically, keep scrolling to reach the Family Media Plan portion.\***



# FAMILY MEDIA PLAN

## \*OPTIONAL ACTIVITY\*

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 that can be **screen free zones**. This can be an area where screens are not normally 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.

Below are suggestions to guide you in making your family's plan. Find balance by choosing the most important things or add other ideas that matter most to you and your family.

### SCREEN FREE ZONES



SELECT BELOW OR CREATE YOUR OWN

Our screen free zones are:

Bedroom

In the car

Dinner table while eating

In the bathroom

\_\_\_\_\_

\_\_\_\_\_

### SCREEN FREE TIMES



SELECT BELOW OR CREATE YOUR OWN

Our screen free times are:

While eating

During family time

Before school

During sleeping hours \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For more great ideas to change your family's media use, check out the suggestions on the reverse side of the page

## MEANINGFUL USE



## SELECT BELOW OR CREATE YOUR OWN

Not all screen time is the same and because of this sometimes what we're doing with digital technology matters more than where and when. Think about some of the times your family uses digital technology in a meaningful way (when time spent online serves a purpose). Examples of meaningful use are using technology to be creative, learning a new skill or doing something fun together as a family. This might mean that you sometimes use technology in an area or during a time that your family has designated as screen-free. Select or create your own activities that your family considers meaningful use.

- While learning a new recipe
- While watching a show together to learn something new
- \_\_\_\_\_
- \_\_\_\_\_
- When digital technology enhances family time (music for dancing)

## THINGS WE ALREADY DO WELL

Your family may already have some rules and guidelines set around digital media use that work for you. If so, here's your chance to reflect on them and give yourselves a pat on the back for looking after your families' health and wellbeing!

List the things you already do that have been working for you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## FAMILY EXPECTATIONS

To stay safe and respectful we will:

- Pause and look up when someone is speaking to us
- Tell a grown-up if anything online makes us feel uncomfortable, sad, or unsafe
- Never share private information online (passwords, full name, address, date of birth, inappropriate photos etc)
- \_\_\_\_\_
- \_\_\_\_\_

CHECK OUT OUR WEBPAGE

