

FAMILY MEDIA PLAN (13-18 years)

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SCREEN FREE ZONES

Having areas of your home remain screen-free is important. Select from the list below and add them to your Family Media Plan to make sure your children understand where screens are not allowed. Add any other screen free areas that are specific to your family.

Mobile devices and TVs are not allowed in the following screen-free zones in our home:

- Bedroom
- Kitchen or dining room table
- Other: _____

SCREEN FREE TIMES

We will not use mobile devices or other screens during the following times:

- While walking across the street
- While doing homework
- While at school
- While in the car, except for long trips
- Family time
- Meal times
- One hour before bed
- While driving
- Other: _____

DEVICES CURFEW: _____ pm	Devices will charge overnight in: <ul style="list-style-type: none"><input type="checkbox"/> Parent's bedroom<input type="checkbox"/> Kitchen<input type="checkbox"/> Other: _____
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I will be a good digital citizen by:

- Respecting the privacy of others
 - I will never forward a text or photo without asking permission
- Not being rude or bullying anyone online
- Sticking up for others online
- Telling a parent or other trusted adult if I or others are being bullied, disrespected, attacked or treated badly online
- Telling a parent or other trusted adult if I get messages or photos that make me uncomfortable
- Telling a parent or other trusted adult if someone posts comments about hurting themselves or someone else.

I will get enough sleep & exercise by doing the following:

- Get 8-10 hours of sleep
- Avoid napping
- Go to bed and wake up at approximately the same time each day including weekends
- Avoid caffeine in the afternoon or evening
- Keep the bedroom cool, dark, and quiet
- Exercise at least 1 hour each day
- Stop using screens (computer, phone, tablet, TV...) one hour before I go to bed