

FAMILY SCREEN PLAN



NON-NEGOTIABLES

Hard & fast rules that cannot be messed with!

My non-negotiables are:

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SACRED SPACES

Places, days, and times where phones/screens are off.

Our sacred spaces are:

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CREATE CONNECTIONS

Opportunities for connection with tech and your family.

I will connect with tech by doing:

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RESOURCES

Wait Until 8th

- Provides parents with training and resources for smartphones and technology
- www.waituntil8th.org

KidsHealth

- Provides parents with resources and information about media usage
- www.kidshealth.org

American Psychological Association

- Provides data about social media use by adolescents; provides additional recommendations for parents
- <https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use>