Family Tech Policy Worksheet

Policy Type:

1. What are my reasons for wanting my kid to have access to this/these device(s), site(s) or application(s)?

2. What are my fears/worries about allowing it?

3. What do I think my child is reasonably capable of, technically or emotionally, in using this responsibly?

4. What is this activity going to displace/replace?

5. How will I handle problems?

6. What is my absolute bottom line — my non-negotiables?

7. How will I enforce this policy?

Policy draft

1. We are giving you access to   so that you can

2. It is your responsibility to

3. This policy doesn't cover

4. If you can't follow this policy, you will

5. If you want to suggest changes to this policy, you can

Additional rules:

Consider addressing:
Which screens/activities are allowed, and when?
What is the total amount of time allowed per day/per week? At what time(s) of day?
What screens/activities are never allowed?
What requirements need to be met (e.g. homework completion) before getting access?
What happens when it's time to turn off?