



How to Create a Family Media Plan



Media is everywhere, and managing it all can be tough—especially with technology designed to keep kids and families scrolling and playing. Creating a Family Media Plan can help you and your kids develop the skills to make technology work for you.

Tips to be intentional:

- Model positive media behavior! Be aware of your own technology use and put your phone down when your child is talking to you.
- Encourage kids to play alone or with siblings so that screens are not the only default.
- Keep communication open about media use. Encourage conversations about what you all are doing, seeing, and feeling about your experience with media.
- Train algorithms to make media work for you by liking, commenting, or watching videos of content that you are interested in; and by disengaging in unwanted content by clicking not interested, thumbs down, or skipping content.



Scan for resources or to create a plan online

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Our Family Media Plan

Set Boundaries

Fill in these questions together to reflect your values, priorities, ages, and needs.

How is screentime used to benefit our family?

What type of devices, media, and apps are appropriate for your family (e.g., social media, games, streaming, YouTube, creative)?

When are screens allowed or not allowed?

Are there screen-free places (e.g., bedrooms, car, kitchen)? Where?

If screens are a privilege, what needs to be done before screens can be used?

Discuss & Role Play

Safety: when to “friend” someone; what to post or not post; privacy settings; how parents will monitor; how to train algorithms

Etiquette: texting curfews; tech use while in person; how online posts/comments can make you and others feel

Identification: in an age-appropriate way define bullying, inappropriate content, and privacy concerns

Alerts: what to do when something inappropriate is seen, who to tell, how to manage feelings when you can’t unsee something

Connect

Replace screen time with face-to-face interactions. What will you do together to strengthen your relationships? List some activities below (e.g. ask about each other’s day, eat dinner together, play a board game, spend time outdoors).

Activity:

When:

How often:

Activity:

When:

How often:

Post this plan where the family will see it and review it every _____months.