

Healthy Tech Use: Where, When, and Why?

Consider where, when, and why technology is allowed in your home and in various situations. Prepare for your family meeting by adjusting and adding to this list, then use it and the Our Digital Values checklist to guide your family discussion.

Where and when is tech not allowed?

Develop clear boundaries about where and when technology is allowed and where it is not. Consider how tech use is potentially inappropriate or dangerous in some situations.

- ☐ At the table during family meals
- ☐ In bedrooms
- ☐ In bathrooms
- ☐ In classrooms during lessons
- ☐ When friends are visiting
- ☐ Open door policy for devices
- ☐ Device location overnight, between ____ pm and ____ am
- ☐ During a live performance or event
- ☐ While driving, biking, and participating in other activities
- ☐ Reasonable screentime use on school days: _____
- ☐ Reasonable screentime use on weekends/holidays: _____
- ☐ _____
- ☐ _____
- ☐ _____

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Why is tech being used?

Consider discussing intentional use of technology. Is there a reasonable purpose for it, or has it become a habit or way to fill “spare” time?

- ☐ Appropriate educational uses
- ☐ Connection with friends – appropriate platforms and situations
- ☐ Appropriate entertainment apps and platforms

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Parent Commitment to Healthy Tech

Consider how you and your family could benefit from mindful use of technology.

Parents can commit to:

- ☐ Modeling healthy screen time boundaries
- ☐ Maintaining tech-free zones and times
- ☐ Supporting and helping if anyone encounters an unexpected, unsafe, or uncomfortable situation online

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Notes:
