

# Supporting Conversation



## Family Technology Plan



A family technology plan is a set of guidelines and rules that establish healthy habits and safe technology use. It is designed to help families manage the use of technology and ensures everyone in the home understands the expectations and responsibilities associated with technology use and internet access. The plan should be in line with your family values, started early and reviewed over time.

At a minimum the plan should promote respectful, responsible, moderate, mindful and safe use of technology, while also fostering open communication among family members. By working together to establish this plan, families can ensure that everyone is using technology in a way that is safe, healthy, respectful and positive.

Every family and child is different, what works for one may not work for another. The information provided is intended as a guide to assist you to consider the rules, restrictions and boundaries that will exist in your home. It will also help you to explain your reasons for the rules and the consequences if rules are broken/boundaries tested.

The American Academy of Paediatrics has created a tool to help create a personal family plan which allows you to create a plan specific to your family. This plan includes, a list of media priorities to choose from, practical tips to help make the plan work, the ability to print/share your plan and the option to save your plan and return as often as you'd like to make changes. You'll find more information about this tool and a tutorial video [here](#).

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“Having a device is a privilege, not a right. This device is on loan to you and it comes with rules and responsibilities. As your parent/s we have responsibility to teach, guide, model and support you to have safe, positive and respectful experiences. We have to consider your developing brain and body and also how technology use can affect your mood, behaviour and choices. Your health, wellbeing and safety is very important to us.”

### THE DEVICE - LOAN DON'T OWN



- |   |  |
|---|--|
| • Where in the house can devices be used.   |  |
| • Where will devices be returned to after use.  |  |
| • Where will devices be charged when not in use and over night.   |  |
| • When can the device be used. Eg. before/after school, weekends - be specific                                |  |
| • Will you use free or third party paid parental controls - Learn more <a href="#">here</a> .                 |  |
| • Is permission needed to download apps and games.  |  |
| • Is permission needed to visit new websites.   |  |
| • If apps are removed from the device without permission is there a consequence.                              |  |
| • How are devices to be treated? Eg. with care, kept clean, charged, stored safely and not left lying around. |  |
| • If the device leaves the home what are your expectations for its use.                                       |  |

### PRIVACY & SECURITY



- |  |  |
|--|--|
| • Consider a family email address for signing up to sites, apps, games and online services.  |  |
| • Teach your child how to create secure passwords. Where possible set-up two factor authentication. If your child changes a password is there an expectation you'll be asked.  |  |
| • Teach your child not to share passwords with anyone except you.  |  |
| • Consider how you will manage location sharing/geo-location services.   |  |
| • Will your child have to ask permission before purchasing apps, making in-app purchases or spending money in other ways.  |  |
| • Teach your child not to share any personal information about themselves, family or friends online. Eg. full name, date of birth, age, address, phone number, school name, where they hang out or play sport. Also be mindful if photos and videos are shared do they show private information eg. school logo, sports shirt, trophies or certificates that contain personal information. |  |

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### BEHAVIOUR EXPECTATIONS - CHILD



- I will ask my parents for permission to use my device outside of agreed times.
- I will be respectful online.
- I will be kind with my words and behaviour.
- I will not use my device to tease, bully, put down, embarrass, frighten, humiliate or threaten anyone.
- Cyberbullying is not ok and if I see someone being bullied I'll talk to a trusted adult.
- When I'm at school I will follow the school rules for device use.
- I will not use my device during sleep time.
- I will not use my device when I should be doing homework.
- I will do my best to make sure my devices doesn't take me away from other things that are important. Eg. sleep, exercise, family time, time with friends, school work, chores, hobbies etc.
- I understand I am not free from the consequences of my actions. If I break rules I may loose the privledge of my device for a period of time.
- I will not share photos or videos of other people without their consent (permission).

### BEHAVIOUR EXPECTATIONS - PARENT



- I/We will be available to listen to you, help you and support you. I/We will try and respond calmly and without judgment. You won't be in trouble if you ask for help or assistance. I/We will try and answer any questions you have. If I don't know something, we'll learn together.
- I/We will be conscious of how much time individually and as a family we spend using technology. We will try and find things we can enjoy together online. If anyone feels like a family member is using their device too much or is distracted by it we will tell them.
- We will work together to develop healthy habits and develop critical thinking and reasoning skills.
- I/We will work together to develop respectful, responsible and safe use of technology.
- I/We will work with you to resolve problems and support you to develop emotional regulation strategies.

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“You won’t always agree with our decisions but please know we have your best interests at heart. We know the internet is amazing and an important part of your life. It’s also ever changing so we’ll have ongoing discussions about what you can and can’t do. We will listen to you and consider your point of view. If we say ‘no’ to something it’s not ‘no’ forever it’s ‘no, not yet’, we’re open to considering it in the future.”

### SAFETY



- |  |  |
|--|--|
| • I will not talk to strangers online. I will only communicate with people I know OR I will not talk to people I do not know without my parent/s’ permission.  |  |
| • I will only be online friends with people I already know. If I’m not sure I’ll check with a trusted adult.   |  |
| • I will not meet in person anyone I have met online. I will tell my parent/s if someone asks to meet me.  |  |
| • I will not tell anyone where I live, go to school and hangout. I will tell my parent/s if someone asks me these questions.   |  |
| • I will not share my account details or passwords with anyone.  |  |
| • If someone tells me I’ve won a prize I will speak to my parents first.   |  |
| • I will tell my parent/s if I need to block or report someone or something online.  |  |
| • I will ask for help if I am being teased, threatened, bribed, blackmailed, embarrassed, scared or humiliated online.   |  |
| • I will ask for help if I feel unsafe or I think someone I know is in an unsafe situation.  |  |
| • If I see or hear, am sent or shown any words, photos or videos that I don’t understand or have questions about I’ll talk with a trusted adult about it.  |  |
| • If I see or hear, am sent or shown any words, photos or videos that make me feel scared/upset/confused/nervous/anxious/embarrassed/ gross/uncomfortable/ unsafe I’ll talk with a trusted adult about it. |  |
| • If I see, or am sent or shown private photos or private videos I’ll talk with a trusted adult.   |  |
| • I can talk with my parents about anything, no matter what it is. I can also contact the Kids Helpline.   |  |
| • I will not use my device if I’m crossing the road or in any other situation where it would be unsafe or dangerous. Eg. riding bike.  |  |

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“There is nothing you could do that would ever mean we love you less. From time to time you may do things that upset, disappoint or frustrate us but we will always be here to listen to you, stand by you, support you and help you find solutions to issues you may be facing.”

REPUTATION	
<ul style="list-style-type: none"> <li>I understand the words, photos and videos I post online can be shared, copied, downloaded or become public, even if I don't intend them to.</li> </ul>	
<ul style="list-style-type: none"> <li>I understand that once I share something online I loose control of who will see it now and in the future.</li> </ul>	
<ul style="list-style-type: none"> <li>Before posting words, photos or videos I will consider the appropriateness of it and whether it could damage my reputation now or in the future. I will pause before I post and think about who could see what I'm about to send in 2 minutes, 2 days, 2 weeks, 2 years.</li> </ul>	
<ul style="list-style-type: none"> <li>I will consider how would I feel if my parents, grandparents, friends parents, teachers, police or unsafe person saw what I shared.</li> </ul>	
<ul style="list-style-type: none"> <li>If something upsets me or I'm involved in conflict I'll try and pause/take a time out. If I respond in the moment I might do/say/send/share something that could be hurtful or upsetting for someone else or affect my reputation.</li> </ul>	
DIGITAL WELLBEING	
<ul style="list-style-type: none"> <li>I will take regular breaks from my device.</li> </ul>	
<ul style="list-style-type: none"> <li>I will practice the <u>20-20-20-20-20 Rule</u> to look after my eyes, vision and posture.</li> </ul>	
<ul style="list-style-type: none"> <li>If I'm using a gaming headset, headphones, airpods or ear buds I will be mindful of how often I use this, how long I use it for and the volume level.</li> </ul>	
<ul style="list-style-type: none"> <li>If I know I'm going to be doing something for several hours I'll try and prepare a healthy snack before I start.</li> </ul>	
<ul style="list-style-type: none"> <li>I understand sleep is vital for my health, wellbeing and performance. If I don't get a good nights sleep it can negatively affect my mood, behaviour, choices, memory, learning, ability to concentrate and so much more. I will turn my device off at least 60 minutes before I go to bed.</li> </ul>	
<ul style="list-style-type: none"> <li>I will try and spend at least 90 minutes outside everyday.</li> </ul>	
<ul style="list-style-type: none"> <li>I will try and do at least 60 minutes of physical activity everyday.</li> </ul>	

This is not an exhaustive list of considerations. Use the information to tailor an agreement to suit your family and specific needs.