

The background of the slide is a photograph of a desk. At the top, a laptop screen displays a grid of various images. To the left of the laptop, a smartphone is lying on the desk. Below the smartphone, a red notebook is visible with a black pen resting on it. On the right side, a person's hand is seen typing on the laptop keyboard. The central text is overlaid on a white rectangular area.

TECH SAVVY FAMILY MEDIA PLAN

**We've taken the research and areas
of a Family Media Plan and
simplified it into one acronym for you
to remember - SAVVY.**

**Tasha Killian
Extension Assistant Professor**



EXTENSION 

UtahStateUniversity

Instructions

Each family has their own structure. This plan is completely customizable to your family.

TECH SAVVY PLAN

Print the Tech SAVVY plan out and together with your family decide what your Tech SAVVY plan looks like.

EXAMPLE PAGE

This page is to give you ideas on what your plan can look like. You may choose to use the examples or add your own!

SAVVY PAGE

This is the page for you and your family to fill out your Tech SAVVY plan and goals. You can fill this page out and hang it up in a common space to revisit and revise as your family needs change.

INFORMATION PAGE

Along with some great information, this page has an area you can have your family sign to agree on your family's Tech SAVVY plan.

References & Resources

American Academy of Pediatrics. (n.d.) Family Media Use Plan. Retrieved from <https://www.healthychildren.org/English/media/Pages/default.aspx>

Common Sense Media. (n.d.) Family Media Agreement. Retrieved from https://www.commonsensemedia.org/sites/default/files/uploads/pdfs/common_sense_family_media_agreement.pdf

Stockdale, L. A., Coyne, S. M., & Padilla-Walker, L. M. (2018). Parent and Child Technoference and socioemotional behavioral outcomes: A nationally representative study of 10 to 20-year-old adolescents. *Computers in Human Behavior*, 88, 219–226. doi: 10.1016/j.chb.2018.06.034

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S- Safety & Security:

A- Apps & Allowable Content:

V- Various Times:

V- Various Locations:

Y- Your Relationship:

Information

Once you have set your guidelines with your family, it is important to make sure everyone agrees. You may do this by having your family members sign this plan, or by posting what you have decided on in a central location in your home.

Using a Family Media Plan, Tech SAVVY families set boundaries and guidelines for how technology is used in their family. Technology has grown and changed over the past century, and it continues to change today. With the changes that have occurred, it is important for families to be able to adapt and set guidelines for how technology is used in their home. One way families can do that is by creating a Family Media Plan.

With each individual family, there are individual needs, and as a family grows and technology changes, so does this plan. Families should set these guidelines together and discuss healthy media practices together as a family. Families may also want to set a time (yearly, quarterly, bi-yearly) to review and update their plan.

We agree to follow the **Tech SAVVY** plan

Family Name

Name and age

Name and age

Name and age

Name and age

Name and age

Name and age

Name and age

Name and age

Name and age

Name and age

Example

S – Safety & Security: In this section, set guidelines with your partner & children for how you keep your information safe and secure online, as well as how you keep yourself self from things like cat-fishers (someone who pretends to be someone else online) and predators. The way safety & security is treated for different age groups.

Below are some ideas, feel free to add your own based on your family's circumstances and needs.

- We don't share our personal information online without parental permission
- We have regular "audits" of our accounts & devices, so we know where our information is saved
- We talk about messages and online contact from people we don't know
- We share messages that make us feel uncomfortable
- We are kind in the way we speak online
- We report it when others are not kind
- We don't forward pictures and messages without asking
- We don't use our phones while we drive
- We review policies before just clicking "okay" or "Agree"
- We talk about what is okay to share online and what isn't okay to share online
- All our social media accounts are set to private; we don't add people we don't know

A – Apps & Allowable Content: In this section, set guidelines with your partner & children for apps and allowable content. It is important that parents and children have discussions on what is allowable for them to be using and viewing. Setting these guidelines, as families, allows for conversations on why certain apps are important to use (i.e. "I use Snapchat to talk with my friends"), how certain content that is consumed affects one another (i.e. "when you play more violent video games, you tend to be more aggressive towards others"), and what boundaries and guidelines are going to be used for monitoring content and apps (i.e. we will do tech audits each month where we go over how tech is being used).

Below are some ideas, feel free to add your own based on your family's circumstances and needs.

- When you turn (decided upon age), you can use Snapchat
- We don't watch movies that are rated R
- We talk about it when we see things that don't align in with our values
- Mom and Dad can check our phones for apps and content that we've already said aren't allowed
- Before downloading an app, we talk about why that app is important and make sure it is allowed

V – Various Times: In this section, set guidelines with your partner & children for various times when you use devices in your home. It is important that technology doesn't interfere with relationships, but that it works to enhance relationships. Setting times during the day or week when technology is not being used can help with enhancing these relationships.

Below are some ideas, feel free to add your own based on your family's circumstances and needs.

- We have a screen free dinner at least 4 times a week
- After 8 pm, we don't answer emails, texts, or anyone who isn't family
- We spend at least one hour a day device free
- On Sundays, we use technology to connect, so we spend our time facetimeing and skypeing, not playing games
- We put our devices away at least one hour before bedtime

V – Various Locations: In this section, set guidelines with your partner & children for various locations where you use devices in your home. It is important that technology can be monitored with children, but also that "digital citizenship" is practiced, meaning that technology doesn't interfere with relationships and in-person contact.

Below are some ideas, feel free to add your own based on your family's circumstances and needs.

- We don't use phones in the bathroom
- We don't use screens at the dinner table
- When someone is talking to us in-person, we put our devices down
- Technology is not allowed in the kitchen, unless it is a video call, or for cooking instructions
- Our devices are kept in a central location during the times we are asleep

Y – Your Relationship: In this section, set guidelines with your partner & children for how you will use technology to enhance your relationships both on and off screen. Technoference is when technology interferes with your relationships. In this section, you will set guidelines and boundaries so that technology allows for enhancement of your relationships and does not interfere with your relationships.

Below are some ideas, feel free to add your own based on your family's circumstances and needs.

- We have "tech time" each week where we use technology to spend time together (i.e. Mom and Dad will spend 30 minutes each week playing with the tech of the child's choice, we have a family movie night each week where we choose a movie and all focus on one screen, without other devices)
- We call family members (aunts, uncles, etc.) at least once a week
- We try to answer texts and phone calls from family members as soon as possible
- We have at least one in-person conversation each day
- We greet each other, out loud, when someone comes home or leaves
- Every child gets to choose one activity, which doesn't involve screens, to spend time with Mom and Dad