

# FAMILY MEDIA USE PLAN

## SCREEN FREE ZONES

**MOBILE DEVICES AND TV'S ARE NOT ALLOWED IN THE FOLLOWING SCREEN FREE ZONES IN OUR HOME:**

- KITCHEN OR DINNING ROOM TABLE
- BEDROOM
- BATHROOM

## SCREEN FREE TIMES

**WE WILL NOT USE MOBILE DEVICES OR OTHER SCREENS DURING THE FOLLOWING TIMES:**

- ONE HOUR BEFORE BEDTIME
- MEAL TIMES
- FAMILY TIME
- WHILE DOING HOMEWORK
- WHILE WALKING ACROSS THE ROAD

## DEVICE RULES

NOT PLAY VIDEO GAMES THAT ARE AGAINST OUR FAMILY RULES AT HOME OR AT SOMEONE ELSE'S HOUSE.  
NOT DOWNLOAD APPS, MOVIES OR GAMES WITHOUT PERMISSION AND ALWAYS ASK IF THEY ARE APPROPRIATE FOR MY AGE.  
NOT VISIT NEW WEBSITES WITHOUT ASKING PERMISSION.  
NOT GIVE OUT PERSONAL INFORMATION ONLINE.  
NOT SHARE PRIVATE PHOTOS ONLINE.  
DO NOT ADD FRIENDS, CHAT WITH OR PLAY ONLINE WITHOUT PERMISSION.  
I WILL TURN OFF ALL DEVICES AND TV ONE HOUR BEFORE BEDTIME.

## MY ONLINE SAFETY

I WILL NOT BE RUDE OR BULLY ANYONE ONLINE  
I WILL BE RESPECTFULL TO OTHERS  
I WILL TELL A PARENT OR TRUSTED ADULT IF I'M BEING BULLIED, DISRESPECTED, ATTACKED OR TREATED BADLY ONLINE.  
I MUST TELL A PARENT OR TRUSTED ADULT IF I SEE SOMETHING, GET MESSAGES OR PHOTO'S THAT MAKES ME FEEL UNCOMFORTABLE.