

Family Media Plan Template

Family Name: _____

1. Screen Time Limits

- Children (Ages ___ to ___): _____
- Teens (Age ___ to ___): _____
- Adults: _____

2. Device-Free Zones

- [List Zones where devices are not allowed, e.g., dining table, bedrooms]

3. Device-Free Times

- [List specific times when devices are not to be used, e.g., family time, homework time]

4. Content Guidelines

- Age-Appropriate Content: _____
- Educational vs. Entertainment: _____

5. Online Safety and Behavior

- Privacy: _____
- Cyberbullying: _____

6. Regular Family Discussions

- Frequency of Meetings: _____
- Discussion Points: _____

7. Role Modeling

- [Detail how adults in the family will model appropriate media use]

8. Flexibility and Special Occasions

- [Specify how the plan can be adjusted for holidays or special events]

9. Review and Adjust

- **Review Frequency:** [Specify how often the plan will be reviewed and updated]

10. Additional Notes

- [Any other specific rules or notes relevant to your family]

Signatures

- **Parent/Guardian:** _____
- **Children/Teens:** _____
- **Date:** _____