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CONSIDER THESE QUESTIONS:

Does your child get on a device first thing in the morning?

Does your child choose tech over other activities?

Does your child get angry if they don't have access to technology?

Does your child sneak to get devices when they are not supposed to?

Is it hard to get or hold your child's attention when they use tech?

Does your child emulate negative behaviors from videos and/or video games?

Does your child try to use devices late at night?

TIPS to set boundaries:

1. Turn off all devices and put in a basket during meals and other family times.
2. Charge all devices in a central location at night (i.e. your bedroom)
3. Know what apps your child is using, check them out and have your child show you how they are each one.
4. Text apps like Kik and WhatsApp can be especially dangerous for kids. They expose children to strangers, and inappropriate content like pornography and violence.
5. Consider creating a technology contract- available copies here and online, or adapt your own.
6. Sites that help determine if the video games your child plays is appropriate.
esrb.org
commonsensemedia.org -you can also research ratings of movies, tv shows and books
7. These sites provide safety tips and info about parental controls.
commonsensemedia.org
connectsafely.org
internetsafety101.org
centerforonlinesafety.com

SAMPLE Technology Contract

Tips for creating your own family agreements are available at centerforonlinesafety.com
Click here or scan the code below for a quick, easy starter contract.

