



Managing Media Family Plan:

Family Goal with Media (TV, Games):

Current Challenges:

Solutions to Challenges:

Schedule/Plan:

Action Items:

RULES:

- Media Free Zones: Bathroom, Kids' Bedrooms with closed doors, cars (except long trips), during family time, mealtime, stroller, crossing the street, school or doing homework, driving (adolescents)
- Do not give personal info
- Do not send personal photos over internet
- Do not buy anything without parent's permission.

Ideas for Media Free Time: Research/brainstorm as a family 10+ things you can do without technology (as a family (e.g.- stargaze) and alone (e.g.- draw)):

