



## Family Media Action Plan

Check the items under each heading that apply to your family. Use the 'other' boxes to add any additional items specific to your family.

Adapted from [healthychildren.org](https://www.healthychildren.org)

### Screen-Free Zones

Mobile devices and TVs are not allowed in the following screen-free zones in our home:

- Bedroom**  
Devices will be recharged overnight, outside of the child's bedroom.
- Kitchen/Dining Table**  
Family mealtimes will be tech-free.
- Family Social Activities**  
Family and social gatherings will be tech-free.
- In Class (at School)**  
Devices can be taken to school, but they may not be used during class time unless the teacher approves of use.
- Other:**
- Other:**

**Device Curfew Time:**

Devices will be charged in:

- Parent's Bedroom**     **Kitchen**
- Other:**

### Recreational Screen Time

- Co-view with Parent/Adult**
- Co-play with Parent/Adult**

### Screen-Free Times

We will not use mobile devices or other screens during the following times:

- While in the Car (except for long trips)**  
Devices will not be used in the car, except during long trips.
- While Driving**
- Family Time**  
Family time will be tech-free.
- Meal Times**  
Meal times will be tech-free.
- 1 hour before Bed**  
Devices must be turned off at least 1 hour before bedtime.
- Other:**
- Other:**

### Safety

- I agree that I will not give out personal information online or share private photos online. I will not talk with people whom I do not know. If someone shares something with me that makes me uncomfortable, I will tell a parent/adult.

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!