DiGii SOCIAL

OUR FAMILY SCREEN PLAN

Starting: Monday 26/04

To be reviewed: Monday 26/05

Family screen focus word: Kindness

Family screen promise: We will be respectful of screen time rules!

When screens are on:

1. We stick to the limits we agree to.
2. We take responsibility for our actions.
3. We talk nicely, even when we are playing
4. We only post things that show kindness.
5. We finish up when we say we will

When screens are off:

1. We get enough sleep.
2. We move our bodies
3. We go outside to play.
4. We do not nag for more screentime.
5. We do not cheat and sneak our device.

Our family screen agreement:

1. No devices allowed in the bedroom.
2. No devices 30 minutes before bedtime.
3. Screens get turned off when asked.
4. All devices to be on kitchen bench at 9pm.
5. No downloading apps on other people's devices.