

THE DIGITAL POLICY BUILDER™

CURRENT STATE

What Works

List any existing policies, formal or informal, that work well.

What Doesn't Work

List any existing policies, formal or informal, that do not work well.

FUTURE STATE

Purpose / Objectives

Craft a statement explaining why this policy is so important for the family and individuals.

What

Permitted Content

Prohibited Content

Who

Where

Allowed

Not Allowed

Allowed

Not Allowed

When

Time of Day

Screen Time

Driving

Other



**Well-Ordered
Family**

Name:

Date:

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THE DIGITAL POLICY BUILDER™

CURRENT STATE

What Works

List any existing policies, formal or informal, that work well.

- Set a timer at the beginning of screen time.
- Screen time is used as a reward for good behavior.

What Doesn't Work

List any existing policies, formal or informal, that do not work well.

- Undefined video game and TV time limit.
- Unclear parameters of appropriate shows to watch with the entire family.

FUTURE STATE

Purpose / Objectives

Craft a statement explaining why this policy is so important for the family and individuals.

We need to protect our family from potentially harmful material, give them guard-rails to make good digital choices for themselves, and have clear guidelines so the entire family knows what is and is not allowed.

What

Permitted Content

- Dude Perfect.
- Bluey and Kid Crew.
- Sports games.

Prohibited Content

- Fortnite and similar video games.
- Unapproved TV shows / YouTube content.

Who

Allowed

- Approved friends and family.
- Teachers and coaches.

Not Allowed

- Strangers.
- Unapproved friends.

Where

Allowed

- Common family areas in house.
- In public where appropriate.

Not Allowed

- Bedrooms.
- Near dinner table during meals.

When

Time of Day

- Weekdays after school.
- Specific times on weekends.

Screen Time

- 45 mins on weekdays.
- 2 hours on typical days on weekend.

Driving

- Phones are only used by passengers.
- Travel with phones in case of emergency.

Other

- No screens allowed during family meal times.



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