TECH TIP #1
CREATING YOUR FAMILY'S DIGITAL FOUNDATION

Struggling to get your kids off summer mode and back into a school routine?
You're not alone. Shifting from lazy mornings and unlimited screen time to homework and healthy sleep takes intention and a plan.

Start by resetting your family's digital foundation with a Family Tech Agreement. www.centerforonlinesafety.com/blog/family-tech-agreement This collaborative tool helps reduce screen time battles, re-establish boundaries, and promote digital wellness without constant nagging.

Here's how to get started:

✅ **1. Set Screen-Free Zones & Times**

- **Designate "no device" zones** like the dinner table and bedrooms (**especially overnight).**
- **Power down 30–60 minutes before bed** to help kids wind down and sleep better.

✅ **2. Create a Tech Schedule**
Limit entertainment screen time on weekdays. Prioritize homework, chores, and outdoor play before screens. Kids thrive on structure, so build a rhythm that supports learning.

💬 Family Conversation Starter

"If you could set a family tech rule for everyone (including parents!), what would it be?"



✅ **3. Revisit Expectations for Devices**
Decide the right age for phones and social media. Research supports **no phones until age 14 and no social media before 16.**

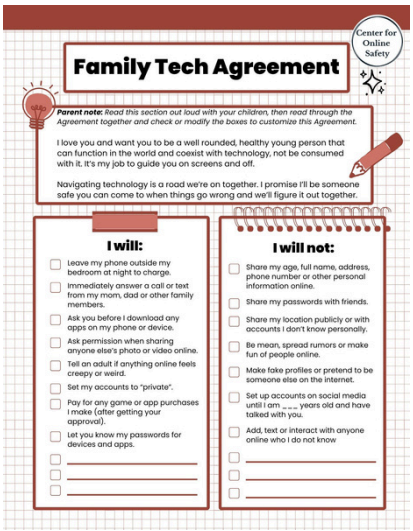
✅ **4. Add Online Safety Rules & Consequences**
Talk about protecting privacy, **never sharing personal information** (real name, school, location), spotting unsafe sites, and what happens if the agreement isn't followed. Kids are more likely to respect rules they helped create.

✅ **5. Refresh as They Grow**
Your child's tech needs will change and so should your Agreement. Revisit it every 3 months.

Bonus Tip: Model the behavior you want to see. That includes putting your own phone down during homework time or meals.

When screen time has a plan, it's easier to get back into learning mode, with fewer fights and more focus.

You can get started on your Family Tech Agreement by clicking the button below.



Questions or topic suggestions? Email us at info@centerforonlinesafety.com

Center for Online Safety