tech check

tech checklist

I will...

◯ Reference God's Word more than my phone.

◯ Live my life, not just watch others live their lives.

◯ Find my worth in Scripture, not scrolling.

◯ Pray before I post.

◯ Use re-charging my phone as a reminder to re-charge my soul.

◯ Find more satisfaction obeying God than worldly approval.

◯ Check in with God each day before I check in with the world.

setting screentime boundaries together

Families all over the country are wondering, "How do I know how much time to allow my kids to be on their phones/tablets/computers when they're at home?" As you consider establishing healthy family media practices, here are some categories to think about that might help you and your family.

1. WHERE?
Where do we use media together or separately throughout the house?

2. WHEN?
When do we typically use media during the day and throughout the week?

3. WHO?
Who do we use digital media with or without—family, friends, teammates, adults at church? What are appropriate ways to use media in those different relationships?

4. WORK
What times and places are devoted to work and to homework, and how are those distinct?

5. PLAY
When and where does play happen, and how is that uniquely set apart from work?

6. RITUALS
With these previous categories in mind, what might be a few consistent family activities, with and without media, we can try to integrate into our family's calendar?

Print the following page as a tool to help you conduct this conversation with your family. Using the questions above, talk through each category of media use + write family members' ideas in each corresponding graphic, or have one of your kids do the writing. The idea is to share a collaborative dialogue about media use for both kids + adults.

setting screentime boundaries together

WHERE?

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WHEN?

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WHO?

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WORK

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PLAY

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RITUALS

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