**BUILD YOUR DIGITAL GAME PLAN**

* We put our phones/devices away by \_\_\_\_ p.m.
* We charge devices outside of the bedroom
* We charge devices away from the bedside
* We turn off/put away our devices during dinner
* We give our devices a sabbath day (turn devices off)
* We only do TV on the weekends
* We only do video games on \_\_\_\_\_\_\_\_\_days
* We only do video games \_\_\_\_\_\_\_ minutes/hours per week
* We do technology together (TV, movies, etc. . .)
* We share all our social media passwords, nothing is hidden (kids & parents)
* We choose to not PHUB (tend to our phone in the presence of others)
* We limit/eliminate notifications
* We install screening/filtering apps on all our devices
* We delete any apps that attempt to enslave us
* We give our family the right to call us out if we are falling off the game plan
* We preview movies and tv shows to ensure they are family appropriate
* We put away devices when out at restaurants, parks, etc. . .
* We choose activities that require attention, skill, and draw our family together
* We choose to educate our families about using technology safely
* We as parents will be digital role models for our family

**THE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FAMILY DIGITAL GAME PLAN**

*Write down the specific boundaries/habits your family is choosing to do below.*

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Digital Rule of Life

*In your own words, write down your digital life commitments.*

In this house we commit to…

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