

*This worksheet is designed to help you as parents think through your child's digital development. A different plan will be needed for each child, because each child is different. This is designed as an aid, not a set-in-stone commandment. This plan will likely need to be changed and updated every year of your child's development. If a benchmark or point in your child's life has already passed, simply leave the space blank until you need it.*

**Child's Name** \_\_\_\_\_ **Current Age and Grade** \_\_\_\_\_

**As a parent, what would currently rate your child's maturity level based on their age?**

Very Mature    Somewhat Mature    Not at all mature

**What age will your child have their own device (i.e., their own phone)?** \_\_\_\_\_

**What will you allow on this device?**    Limited Internet access (only sites I allow)    Text Messaging    Music (Restricted)

YouTube    Streaming Apps (like Netflix or Disney+)    Podcast apps    Games

SOCIAL MEDIA IS NOT RECOMMENDED BEFORE 8TH GRADE.

**What social media accounts will be allowed on this device?** \_\_\_\_\_

**What time limits will be on this device (i.e. no screen time from 10PM-6AM)?** \_\_\_\_\_

**What special rules will apply to this device (i.e. no phones at the dinner table)?** \_\_\_\_\_

**What will happen if any of these rules are violated/abused?** \_\_\_\_\_

*This is just the tip of the iceberg. You may want to reword, rework, or make your own plan. The priority is that you make an actual plan. We hope this is helpful at sparking some important conversations and thoughts!*