



DIGITAL FUTURES INITIATIVE

Digital requirements of our family are to -

Have Digital Time Outs and Demonstrate Self-Control:

1. Understand we need to balance face-to-face time and device usage time to keep our brain pathways 'normal' because *"if we don't use them we will lose them"*.
2. Phones, gaming systems and headphones are off during dinner time, in vehicles and at bed time.
 - a. At concerts, sporting or school events we will not live through our phones, but rather experience the occasion without having to video or photo (selfie) every moment.
 - b. When we are out with friends or family we will turn our phones off and store them in our pocket or usual spot, so we are not tempted to answer the buzz.
3. Devices will remain out of the bedroom. (tv, phones, gaming systems, laptops, tablets & pads).
4. _____

Understand the importance of the word SELF:

1. We will not seek 'LIKES', 'FOLLOWS', or 'VIEWS' for a sense of acceptance from classmates, friends or people we don't know online or through any media. We know **Self-Esteem** comes from how we view ourselves not how others perceive us through media platforms.
2. We will strive to be UNIQUE & EXTRODINARY with our online behaviors over being ordinary. We will avoid falling into the trap of doing what everyone else is doing with media.
3. The importance of BOREDOM in our OWN THOUGHTS and not having to be influenced by others posts, text or online comments. Device down time, **Self-Reflection** and controlling our thoughts without outside influences are vital to emotional well-being.
4. _____

Educate ourselves:

1. We will educate ourselves on sites, apps or the latest online trends before deciding to join.
2. We will fact-check what we read for credible, reliable and accurate information produced by unbiased entities before sharing or forwarding the content to others through our devices.
3. We will not multi-task with devices of any kind when there is homework, chores, driving or jobs to be done in our home, at work/school, or while driving.
4. We understand devices and social media are here to stay, but we will not let them control or define us as a family. We will utilize Apps, Social Media and our devices in a positive manner so as not to jeopardize our family's reputation, safety or well-being.
5. _____

Open and honest discussions, parental device controls decisions and keeping us safe is the number one priority for our family's digital use. We all agree to stand by these digital life skills guidelines.

SIGN HERE: