

Striking a digital balance

Supporting teenagers in a connected world



Help your family get talking and find common ground around how to best use technology.



The three rules that we highly recommend for families – parents and teens:

- No screens in bedrooms
- Always keep talking
- Have a central place for devices

Our central place for devices is...

Priorities

What does your family prioritise?

- Talk about what is important and list three priorities below.
eg. time together, going to sport, family meals, education, environment, relaxation, hobbies

- When, as a family, do we not use technology?
eg. once a week during our evening walk, or each night at family dinner

- What's one thing a week we do (or can do) as a family without our devices?

At night

There's compelling evidence that we need time away from the screen before we close our eyes. It's good for everyone's health and helps us get a good night's sleep.

If we agree no devices or technology in bedrooms then...

Where do we put our screens at night?

And, at what time should they go there?

Online risks

The online world, like life, has many great aspects and also some risks. What do the teens in the family see as risks, and what do parents see as risks?

Have a chat and see if you can you list two or three online risks below.
eg. spending too much time on a screen and being in a grumpy mood, seeing things online I'd rather not see

Now, for each risk, talk about what parents can do and what teens can do to help lower that risk, and write those down

What could we change?

By now you should have had some great discussions, and based on all of that there might be other things you want to change or work towards as a family.

- What are 1-3 things we as a family want to change when it comes to technology?

(These might be different for children and parents and requires negotiation)
Add them to your plan so you don't forget.

Reviewing our plan

Technology and families are both constantly changing. We recommend you review this in a timeframe that works for your family, say within a few months.

- So, as a family, when will you have this conversation and review your plan again?

(Hint: put a reminder in your phone)

