



DIGITAL FUTURES INITIATIVE

Digital Futures Initiative encourages parents and children to develop an understanding among the family regarding devices, Apps and social media usage.

Digital time outs are necessary to a family unit, so we will:

1. Remove or turn-off devices (TV, phones, gaming systems, computers, pads and headphones) during dinner time, in vehicles and/or at bed time.
2. Increase face-to-face time with family, friends and visitors to enhance emotional awareness.
3. Control the attention we give to all devices and treat them as a *'tool'* not a life source.
4. Avoid device usage when homework, chores, driving or other tasks should be the primary focus.
5. _____

Our family understands the importance of:

1. Not comparing to the false *'perfection'* taking place online.
2. Not seeking media *'LIKES'*, *'FOLLOWS'*, *'VIEWS'* or etc. for a sense of acceptance.
3. Being KIND with every send, click or post online.
4. Utilizing all platforms, devices & gaming systems in a manner not to jeopardize our family's reputation, safety or well-being.
5. Educating ourselves on Apps, sites, social media or the latest trends before deciding to join.
6. Fact-checking what we read for credible, reliable and accurate information before sharing, forwarding or posting content with others.
7. Asking a parents permission before activating any games, Apps, digital services or visiting sites.
8. _____

We all agree to:

Have open and honest discussions around our digital use.

Parental device controls, monitoring and other protections are a necessary part of a secure digital family environment.

Stand by these digital life guidelines.

SIGN HERE: