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:**