

When

1. Will you allow technology during the week? Yes or No. If no, skip to #4.
2. Will you allow technology in the mornings before school? Yes or No
3. If yes, what tasks need to be completed prior to technology use? Circle all that apply.
 - a. Wake up and get dressed
 - b. Eat breakfast
 - c. Brush teeth
 - d. Gather belongings and put on coats
 - e. Other _____
 - f. All of the above
4. Will you allow technology after school? Yes or No
5. If yes, what tasks need to be completed prior to use? Circle all that apply.
 - a. After-school activities/sports
 - b. Playdates
 - c. Homework
 - d. Chores
 - e. Dinner
 - f. Other _____
 - g. All of the above
6. At what time should devices be turned off at night? (*recommend 30 minutes prior to bedtime*) _____

Where

7. Is technology allowed in the car? Yes or No
8. If yes, what type of technology? _____
9. Is there a minimum car ride time before technology is allowed? Yes or No

10. If yes, what time? _____ (would suggest over 20 or 30 minutes)
11. Is technology allowed on bus rides? Yes, No, or N/A
12. If yes, what type of technology? _____
13. Are computers, tablets, phones, gaming consoles allowed in the bedroom? Yes or No (*Just say NO!*)
14. If yes, at what time should devices be turned off? Time _____
15. Where should technology be placed when sleeping? Choose from the following:
- a. Communal charging station
 - b. Parent's bedroom
 - c. Other _____

What

16. Are you using any parental controls? Yes or No
17. If yes, list controls. _____
18. If no, how are you monitoring your children's use? Circle all that apply.
- a. Adults use technology with child (*applicable only for young child*)
 - b. All technology in common areas
 - c. Check browser history
 - d. Periodically check tween/teen's texts, phone
 - e. Follow tween/teen on social media sites
 - f. Periodically have tween/teen show me what he or she is doing online
 - g. Permission needed to download apps, games
 - h. Tweens/teens need permission to join social media sites, multiplayer games, role-playing games, etc.
 - i. Other _____
19. Do you have all of your children's passwords? Yes or No
20. If no, agreement requires that children give parents all passwords for devices, websites, games, and social media sites.

- 21.** What types of games is your child allowed to play? Circle all that apply.
- a. Child must follow ratings.
 - b. We use Common Sense Media ratings.
 - c. I read reviews before allowing my child to download or buy games.
 - d. I ask friends or teachers before allowing game purchases.
 - e. I ask my child to explain why he wants a game and to consider the pros and cons of the particular game.

Who

- 22.** Name three ways your child uses digital technology for education.
- a. _____
 - b. _____
 - c. _____

- 23.** Name three ways your tween/teen uses digital technology for self-expression. (*Ask your tween/teen for help here.*)
- a. _____
 - b. _____
 - c. _____

(Examples include Instagram profile, post on Change.org, online art portfolio, Minecraft creation, avatars, customized website.)

- 24.** Ask your child to give three examples of how he or she can be kind online?
- a. _____
 - b. _____
 - c. _____

(Examples include standing up for someone who is being bullied, texting a friend who missed school to give homework, congratulating a friend on Facebook who posted about a big accomplishment.)

- 25.** Have you spelled out specific sites that are forbidden in your family?
Yes or No

- 26.** If yes, circle all that apply.
- a. Sexist, racist, homophobic sites
 - b. Sites that objectify women such as porn sites

- c. Games with extreme violence and MA ratings
 - d. Games or sites that require personal information
 - e. Games that mock or bully players
 - f. Other _____
- 27.** Have you spelled out specific actions that are forbidden in your family?
Yes or No
- 28.** If yes, circle all that apply.
- a. Bullying or cyberbullying
 - b. Sexting
 - c. Forwarding inappropriate comments or pictures that are sent to you
 - d. Pretending to be someone else online
 - e. Taking credit for others' work
 - f. Hacking
 - g. Downloading games or sites without parent approval
 - h. Selling items online without parent approval
 - i. Other _____
- 29.** Have you discussed privacy and safety issues with your child? Yes or No
- 30.** If no, reread this book. If yes, how do you plan to balance privacy concerns with your tween/teen? Circle all that apply.
- a. Will follow on all social media sites but not comment.
 - b. Will occasionally check phone and Internet but won't comment unless there is a safety concern.
 - c. Will allow tween to have greater independence over time.
 - d. Will not intervene in tween/teen's life but will help to manage digital footprint.
 - e. If teen/tween wants more privacy, then recommend using real-life communication rather than electronic communication.
- 31.** Will there be consequences for infractions? If yes, circle/check all that apply.
- a. If child breaks where/when rules, then child will lose technology____ Internet____ phone____ for half day.
 - b. Child will lose full day of technology____ Internet____ phone____ on second infraction in same week.
 - c. Consequences restart each week.

- d. Content violations will result in loss of above technology and a learning lesson such as apology, community service, family service, etc.
- e. Other consequences _____

32. In return for following family guidelines, your children will be able to do which of the following? Circle all that apply.

- a. Will be able to continue using digital technology in their lives
- b. May be able to explore new areas of interest in cyberspace
- c. Will be granted greater levels of responsibility and independence