

# Working together to create digital wellbeing



Technology is a huge part of life, and family moments, too. To maximize your use of technology as a family, balancing screen time with screen-free moments and activities is key. It's also important to recognize the potential downsides of technology, from online risk to how it makes us feel on a daily basis.

In this digital agreement, you'll discuss technology as a family, and how it fits into your lives in order to work towards digital wellbeing together.

## How to get started

We advise parents or guardians to read through this resource before starting the discussion.

The agreement is divided into sections. Section one is for everyone in the family, to discuss your values and set general guidelines. Once you've completed this, you'll be guided to talk through topics relevant to your family's digital experience.

## Tips for great conversations

- ✓ **Prepare your child in advance.** Let them know what you're going to discuss, and when, so they don't feel taken by surprise or defensive.
- ✓ **Turn off all distractions.** Put away the cell phones, and turn off music or distracting background noise.
- ✓ **Keep it positive.** This is designed to be a discussion, not an argument. Stay calm and if anything gets too heated, take some time to regroup.
- ✓ **Listen.** Your new digital agreement will help everyone in the family understand different points of view. Give each member time to think and share.

Ready to begin? Sit down together, grab a snack or two, and get stuck in!



## SECTION 1

# Understanding your family's online life

The devices we use regularly

1)

4)

7)

2)

5)

8)

3)

6)

9)

The things we like to do online or using devices

## Are there any worries you have about technology and the internet?

These can be worries that affect you personally, or that affect other family members. Do you have any shared worries?

Children

Adults

## Take a look at the following common digital issues. Which do you think affects your family the most?

- Not knowing what to do without a device, or having few offline hobbies (*go to section 2 first*)
- Not having screen-free periods, like at mealtimes or before bed (*go to section 3 first*)
- Sharing too much of our personal lives online, or not putting online privacy first (*go to section 4 first*)

Not knowing who to talk to about digital issues, or not having conversations about things that affect us online (*go to section 5 first*)

*Once you've filled in all the sections that you want to work on as a family, head to section 6.*



## SECTION 2

# Developing offline hobbies

Think about when you most reach for devices like a cell phone or when you might turn on the video game console. **Do you ever use them just because you're bored?**

- Yes - all the time       Yes - sometimes  
 No

*If yes, talk about what you could do instead of using technology.*

### Ideas for what we can do when we're bored

1)

2)

3)

Talk about what you enjoy doing most as a family, whether it involves technology or not. **What kind of activities would you like to do more of together, if you could?**

### What we like doing together as a family

Think about new things you haven't done yet, or something interesting that you'd like to explore more. **What would you like to learn or try out?**

#### New activities we can try together

1)

2)

3)

4)

5)

#### New interests we can explore, together or individually

1)

2)

3)

4)

5)



### SECTION 3

## Building device-free moments

Do you think your family currently has a good screen/life balance?

- No, we feel that spend more time in the digital world than in the real world
- We're trying, but it could be better
- Yes, we think we've been able to strike the right balance

*If you have different opinions, discuss why you feel that way. Write your thoughts in the space below.*

Our current screen balance

Think about areas you want to keep screen-free, as much as possible. Select all that apply:



The bedroom



The car



The kitchen



Outdoor spaces



The living room



Other:

What we agreed:

**Think about moments or activities you want everyone to take part in, without screens. Where can you agree not to use screens?**

- |  |  |
|--|--|
| <input type="checkbox"/> Mealtimes                                       | <input type="checkbox"/> Exercise          |
| <input type="checkbox"/> Getting ready (to go out, to go to school, etc) | <input type="checkbox"/> Bedtime           |
| <input type="checkbox"/> Journeys to and from school                     | <input type="checkbox"/> Family activities |
| <input type="checkbox"/> Other:  |  |

What we agreed:

**What are some resources you can use to help manage the time you spend online?**

Ways we can achieve a better screen-life balance

Examples to get you started:  
- Using a screen management app  
- Leaving our cell phones at the door when we come in from school/work.



#### SECTION 4

## Oversharing and digital privacy

Online privacy is very important. Passwords, payment information, and personal details should never be shared with anyone except a parent or guardian. **Does your family have a secure location where these details can be stored?**

- Yes
- No

*If no, discuss where this information can safely be stored.  
Don't write it down in this agreement.*

When creating a new account for something, or when you want to purchase something online, you should always stop and think about safety and where you are entering your data.

**Agree as a family what you should do when you want to create a new account and password, and who you should talk to about online purchases.**

*For older children, you may want to talk about setting a budget and how this budget is managed.*

What we agreed:

We all have our own digital identity, and the right to say "no" to our images being uploaded without our permission. Talk about what sort of images you're comfortable being posted online.

**Agree about how you'll get permission before posting someone else's photo or something personal online.**

What we agreed:



## SECTION 5

# Opening up conversation

Imagine that you come across something that makes you feel uncomfortable online. Who would you turn to for help or advice?

Think about different situations: at school, at home, or out at a friend's house. Who might you be able to open to in these cases?

Supportive adults to confide in

1)

3)

5)

2)

4)

6)

**What are some offline coping strategies you could use to help when you feel sad, angry or uncomfortable online?**

*Examples: listening to music, drawing, talking to a friend about your feelings.*

Helpful coping strategies we can use

If somebody makes you feel uncomfortable online, many websites and social media apps have "block" or "restrict" options that you can use to silence the person. You can also "report" users when they're doing something wrong, like cyberbullying you or others.

**What other settings can you use on games and applications to help you feel you're in a safe space online?**

Safety settings we can use on the apps we like



## SECTION 5 **Our family agreement**

**Great job! We're sure you've had some productive, positive conversations about your family's technology use.**

Use this section to add any extra ideas and rules you agreed on.

More digital wellbeing ideas for our family

---

---

---

**When we will review this agreement**

Day

Month

Year

**Signed**

Parent / Caregiver

Child