



# Technology Plan – Younger Children

## (Approx. Ages 5–11)

### Child Information

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Date Created: \_\_\_\_\_

Next Review Date: \_\_\_\_\_

### 1. Our Purpose for Technology at This Age

At this stage of life, technology is primarily a **tool**, not a right. Our goal is to help this child learn healthy habits, obedience, and discernment while prioritizing play, relationships, learning, and spiritual formation.

### 2. Approved Devices

This child may use the following **with permission**:

- ☐ Family television / streaming
- ☐ Family computer or tablet (shared)
- ☐ Educational apps or games
- ☐ Gaming console (limited, supervised)

#### Not Permitted at This Stage

- ☐ Personal smartphone
- ☐ Social media accounts
- ☐ Private internet browsing

### 3. When Technology May Be Used

Technology use is allowed:

- ☐ After schoolwork, reading, and chores
- ☐ On weekends or designated days
- ☐ During travel or special family situations

#### Technology-Free Times

- ☐ Meals
- ☐ One hour before bedtime
- ☐ Mornings before school
- ☐ Church, devotions, and family prayer
- ☐ Outdoor play and family activities

#### 4. Where Technology May Be Used

##### **Allowed Locations**

- Shared family spaces only

##### **Not Allowed**

- Bedrooms
- Bathrooms
- Behind closed doors

#### 5. Screen Time Limits

##### **Days and Limits**

- ☐ Specific Days: \_\_\_\_\_
- ☐ Weekdays / Weekends: \_\_\_\_\_

Parents may shorten or remove screen time based on behavior, attitude, or fatigue.

#### 6. Content Guidelines

- Content must be:
- Age-appropriate and educational or wholesome
  - Free from frightening, violent, or sexual material
  - Respectful in language and tone

##### **Approved Shows, Streaming Services, Games, or Apps**

\_\_\_\_\_

#### 7. Correction, Grace & Growth

##### **When boundaries are crossed, parents will respond**

- Technology may be paused or reduced
- Conversations will focus on learning and the heart
- Technology is a privilege that can be taken away

#### 8. Parent Commitment

We commit to shepherding this child patiently, modeling healthy technology habits ourselves, and creating a home where screens never replace love, presence, or faith.

**Parent(s):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent(s):** \_\_\_\_\_ **Date:** \_\_\_\_\_