

# Family Technology Plan

A framework for stewarding technology with wisdom, intentionality, and faith



## 1. Our Family Vision for Technology

### Purpose Statement

Technology is a powerful gift that can be used for learning, creativity, connection, and service. As a Christian family, we commit to steward technology in a way that honors God, strengthens relationships, protects hearts and minds, and supports our calling to love God and love others (Matthew 22:37–39).

### Guiding Scripture (optional selections)

*"All things are lawful for me, but not all things are helpful." – 1 Corinthians 6:12*

*"Be very careful, then, how you live—not as unwise but as wise." – Ephesians 5:15*

*"I will not set before my eyes anything that is worthless." – Psalm 101:3*

## 2. Core Principles (Our Non-Negotiables)

### We agree that our technology use should:

- Serve people rather than replace relationships
- Support spiritual growth, not crowd it out
- Protect purity, dignity, and mental health
- Encourage responsibility, honesty, and self-control
- Remain age-appropriate and developmentally wise

## 3. Devices in Our Home

### Approved Devices

- ☐ Television / Streaming Devices
- ☐ Family Computer / Laptop
- ☐ Tablets
- ☐ Smartphones
- ☐ Gaming Consoles
- ☐ Smart Speakers / Wearables

### Ownership

**Devices are** (circle one):

- ☐ family-owned
- ☐ child-owned

\*Parents retain the right to access, inspect, or restrict any device at any time.



#### 4. Who Can Use What

Use the table below to outline each family member's approved devices and any restrictions or notes.

Family Member	Approved Devices	Restrictions / Notes

#### 5. When Technology May Be Used

##### Permitted Times

- ☐ After homework and responsibilities are complete
- ☐ Limited weekday use
- ☐ Weekend allowances
- ☐ Travel or special occasions

##### Technology-Free Times (Circle all that apply)

- Meals
- Family gatherings
- One hour before bedtime
- Mornings before school
- Sundays / Sabbath rhythms
- Devotions, prayer, and worship

#### 6. Where Technology May Be Used

##### Approved Locations

- ☐ Shared family spaces only
- ☐ Kitchen / living room
- ☐ Homework area

##### Restricted Locations

- ☐ Bedrooms
- ☐ Bathrooms
- ☐ Behind closed doors

We value transparency and agree that private access increases risk and reduces accountability.

#### 7. Content Standards

##### Our family commits to content that is:

Truthful, uplifting, respectful of people made in God's image, and free from explicit sexual content, violence, or dehumanizing language

##### Ratings / Filters

Streaming & TV limits: \_\_\_\_\_

Game ratings allowed: \_\_\_\_\_

Internet filtering / accountability tools in use: \_\_\_\_\_



## 8. Social Media, Messaging & Online Interaction

### Eligibility

Minimum age for social media accounts: \_\_\_\_

Accounts require parental approval and visibility

### Online Conduct Expectations

- Speak with kindness and integrity (Ephesians 4:29)
- Do not post or send content you would not say face-to-face
- Never share personal information without permission

## 9. Screen Time & Balance (circle days, and identify times)

Sunday – Monday – Tuesday – Wednesday – Thursday – Friday – Saturday

### We prioritize:

- Sleep, physical activity, and real-world friendships
- Reading, creativity, and unstructured play
- Service, rest, and time with God

## 10. Accountability & Review

Parents will regularly review device use, content, and habits.

We will talk openly about temptations, mistakes, and challenges.

Consequences for misuse will be corrective, not punitive.

### Review Schedule

This plan will be reviewed every: ☐ 3 months ☐ 6 months ☐ 12 months

## 11. Grace, Growth & Redemption

We acknowledge that no plan is perfect. When mistakes happen, we will respond with honesty, grace, and guidance—seeking repentance, restoration, and wisdom rather than shame. Here are some possible responses to mistakes:

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## 12. Family Commitment

By signing below, we agree to uphold this Technology Plan in a spirit of love, mutual respect, and faith.

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

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

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Child: \_\_\_\_\_ Date: \_\_\_\_\_