



Technology Plan – Teenager

Teenager Information

Name: _____

Age: _____

Date Created: _____

Next Review Date: _____

1. Our Family's Vision for This Child and Technology

Technology is a gift that can support learning, creativity, and connection. Our goal is to steward technology in a way that honors God, protects their heart and mind, and helps them grow in wisdom, responsibility, and self-control.

Guiding Scripture

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

“Above all else, guard your heart, for everything you do flows from it.” – Proverbs 4:23

2. Maturity & Readiness Considerations

When setting boundaries, we have considered:

- Emotional maturity and self-control
- Ability to follow rules without reminders
- Honesty when mistakes occur
- Current temptations or struggles
- School and sleep responsibilities

Current Growth Focus (optional):

3. Approved Devices for This Child

Devices This Child May Use

(Check all that apply)

- Family television / streaming
- Family computer / laptop
- Tablet
- Smartphone
- Gaming console
- Other: _____



Ownership & Access

- All devices are family-owned child-owned (circle one)
- Parents may access, review, or restrict any device at any time

4. When This Child May Use Technology

Permitted Use

- After homework, chores, and responsibilities
- Weekdays (time limits below)
- Weekends / school breaks
- Travel or special occasions

Technology-Free Times (Check all that apply)

- Meals
- One hour before bedtime
- Mornings before school
- Family gatherings
- Church, devotions, prayer, and worship
- Sabbath or Sunday rhythms

5. Where Technology May Be Used

Approved Locations

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

Restricted Locations

- Bedroom
- Bathroom
- Behind closed doors

We believe visibility and shared spaces help promote wisdom and accountability.

6. Screen Time Limits for This Child

Limits for Days + Hours

Days: _____

Hours: _____

Additional Notes or Exceptions:



7. Content Standards for This Child

Content should be:

- Age-appropriate and truthful
- Respectful of people made in God's image
- Free from inappropriate content, excessive violence, or demeaning language

Allowed Ratings / Platforms

- TV / Streaming rating / Allowed Services: _____
- Games allowed (ratings or titles): _____
- Websites / apps approved: _____

Filtering & Accountability Tools in Use

8. Social Media, Messaging & Online Interaction

Eligibility

- Social media allowed? Yes No
- Minimum age or conditions: _____

Rules for Online Interaction

- Speak with kindness and integrity (Ephesians 4:29)
- Do not send or post anything you would not say face-to-face
- Never share personal information, images, or location without permission
- Parents have access to accounts and messages

9. Accountability & Check-Ins

- Parents will regularly review this child's device use and content
- Weekly or monthly conversations will focus on habits, challenges, and growth
- Mistakes will be addressed with honesty, correction, and grace

10. Consequences & Restoration

If boundaries are ignored or trust is broken, technology privileges can go away.

- A conversation will follow to address what happened and why
- Restoration of privileges will focus on learning and responsibility, not punishment

11. Grace, Growth & Gospel Hope

We recognize that growth takes time. When failure occurs, we will respond with truth and grace, pointing this child toward repentance, forgiveness, and restoration in Christ.



12. Commitment

By signing below, we commit to honoring this Technology Plan with humility, honesty, and love.

Parent(s): _____ Date: _____

Parent(s): _____ Date: _____

Teen: _____ Date: _____