

Family Media Plan

HOUSEHOLD RULES FOR DIGITAL BEHAVIOUR

From TV to smartphones to social media, our lives are dominated by 24/7 media exposure.

Creating a family media plan can help you and your family set media priorities that are customized to meet your family's needs and values.



Did you know

Having a family media plan can help children establish a healthy relationship with media.

What is a family media plan?



A family media plan helps clarify and establish household rules for digital behaviour.

The most effective agreements are those that include all family members in the decision making.

[Click here to create your family media plan!](#)

PROMOTED BY THE DIGITAL WELLNESS COALITION