DigiWise

FAMILY DIGITAL PLAN

DigiWise.ie

- ✓ Internet Safety Workshops (Primary & Secondary Schools)
- ✓ Online Safety Parent Talks
- ✓ Staff Training: Digital Wellbeing

How to use the Family Digital Plan

Technology shapes daily life. To use it well, balance screen time with offline time, and stay mindful of safety and wellbeing.

Before you begin

- Let kids know the topic ahead of time.
- Remove distractions.
- Keep it supportive, not disciplinary.
- Ensure everyone feels heard.

How it works

- Start with shared values and family guidelines.
- Then discuss routines and challenges unique to your home.

Tips

- Be curious, not critical.
- Ask questions, don't assume.
- Focus on solutions that work for all.
- Stay respectful and encouraging.

SECTION 1

Understanding your family's online life

The devices do we use as a family

1) 4) 7)

2) 5) 8)

3) 6) 9)

The things we like to do online.

Are there any concerns you have about technology and the internet?

These can be worries that affect you personally, or that affect other family members.

Children

Adults

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

- Not knowing what to do without a device, or having little or no hobbies/interests offline (*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 (*go to section 4 first*)
- Not knowing who to talk to about digital issues, or find it hard to have conversations about things that effect us online (*go to section 5 first*)

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

SECTION 2

Developing Offline Interests

Think about when you most want to go on your devices like your ohine or when you might turn on the Playstation or Nintendo? **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

Finding the Balance

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 are able to strike the right balance

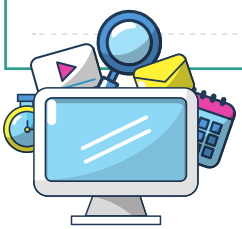
If you have different opinions, discuss why you feel that way. Write your thoughts in the space below.

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?

- [ ] Mealtimes
- [ ] Getting ready (to go out, to go to school, etc)
- [ ] Journeys to and from school
- [ ] Other: .....
- [ ] Exercise
- [ ] Bedtime
- [ ] Family activities

What we agreed:

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

Ways we can achieve a better screen-life balance

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

SECTION 4

Oversharing and Digital Footprint

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 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

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If someone makes you feel uncomfortable online, most websites and social media platforms offer "block" or "restrict" features that let you stop that person from contacting you. You can also use the "report" option if they're doing something inappropriate, 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

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SECTION 6

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

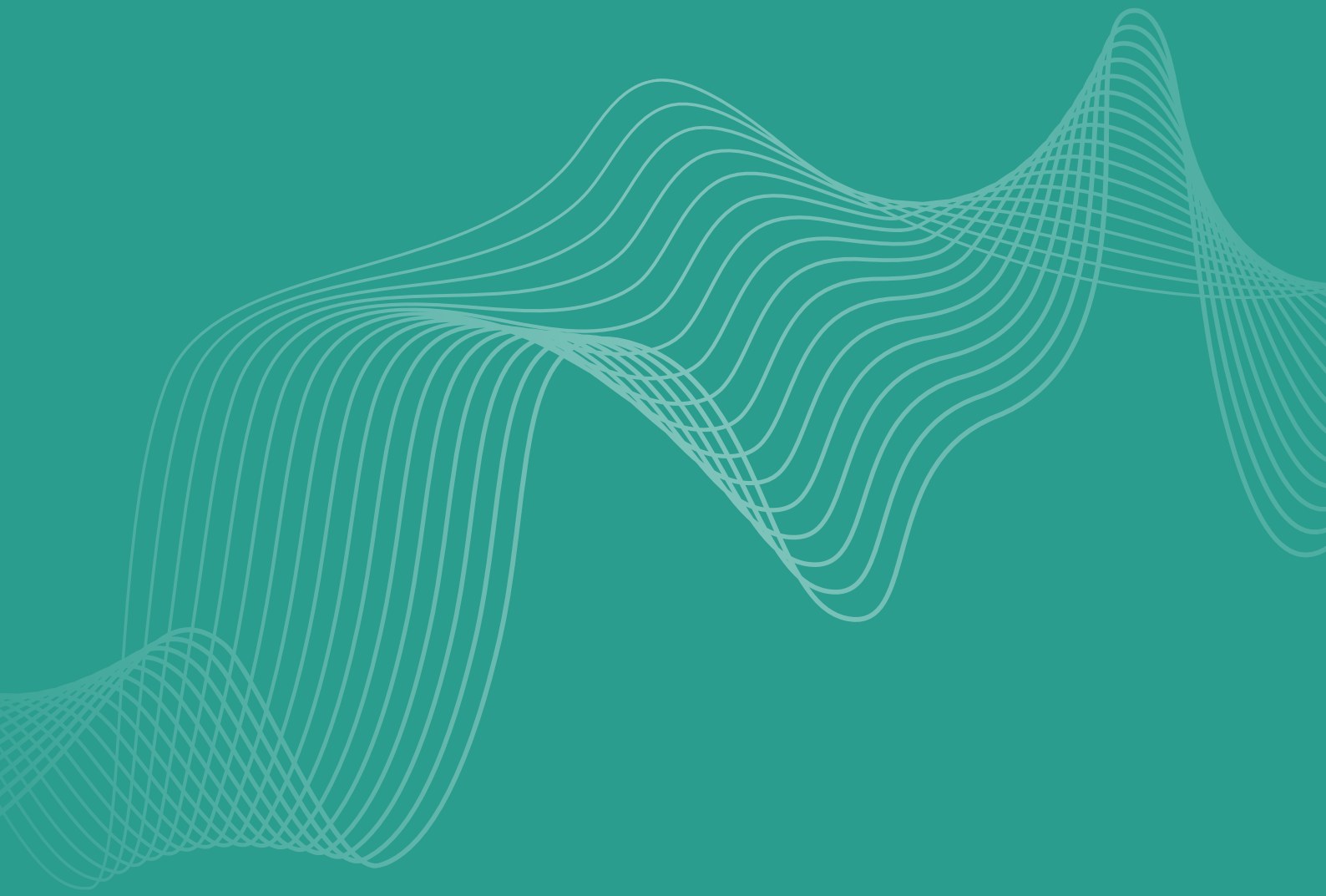
Day _____ Month _____ Year _____

Signed

Parent / Caregiver

Child

Notes



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