

Family Technology Expectations

Directions: Review Expectations and Post in Technology Designation Area

DEVICE-FREE MOMENTS

- Meals
- Conversations
- Family Time
- Other: _____

WHEN DEVICES ARE OK

- School Or Learning
- Communication
- Planned Free Time
- Other: _____

TRANSPARENCY

- "My Phone Is Nearby Because..."
- "I May Need To Answer This Call"
- "I'll Put My Phone Away After This"
- Other: _____



Directions for Use

Family Technology Expectations Visual

This visual helps families create clear and consistent expectations around technology use while supporting communication and connection.

- Introduce during a calm moment as a shared family discussion
- Review each section together and explain what it looks like in your home
- Use simple, clear examples for when devices are and are not appropriate
- Model expectations as adults to reinforce consistency
- Use transparency statements when devices need to be present (for example, “My phone is nearby because...”)
- Practice creating device-free moments such as meals or conversations
- Revisit and adjust expectations as routines and needs change

