

## READ:

Look up and discuss two scriptures as a foundation for setting internal values and talking about the “why” behind technology boundaries.

- Guard your mind (see **Philippians 4:8**)
- Setting time limits (see **1 Corinthians 6:12**)

## CHOOSE A STRATEGY:

- Tech Tickets:** Do a chore or make a good choice to earn a ticket/sticker, which you may turn in for a certain amount of tech time.
- Before Tech Time:** Have a list of items/chores that need to be completed before your tech time.
- Create Your Own Strategy:** Use your current system or create a new one, and add a summer technology plan to help manage time and priorities. Check out Choremonster and OurPact to set limits, block, schedule, and grant access to devices.

## TECH TIPS:

- **Be Together:** Engage in technology together vs everyone on their own devices.
- **Protection:** Invest in software services such as Covenant Eyes to help protect your family when using a device that can access the web. Use promo code CONNECTED for a free 30-day trial at [covenanteyes.com](http://covenanteyes.com)
- **Charging Time:** Set a time frame when everyone will charge their devices in one place like the kitchen or parent’s bedroom. (ie. 8pm-7am)
- **Time Limits:** Set limits for how long each family member can be on devices, including yourself. (Exceptions may apply for time spent on trips and work.)
- **Tech-free Zones:** Create certain times or places (mealtime, car time, bedrooms, etc.) that are tech-free to help protect and promote family interaction.
- **Model Behavior:** Put your device down and connect with your child. Model now what you want your kids to do in the future.

## OUR HOME SUMMER TECH PLAN:

Below, write out your summer tech plan. Include the strategy, exceptions, limits, and tech-free zones. Have everyone sign it and then go enjoy a dessert together.

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Signatures:

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# OUR SUMMER TECH PLAN

  
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## BEST USE

As a family time discussion guide to create a healthy plan for using devices and technology in a God-honoring way during the summer

## ADVANCE PREPARATION

- Schedule a family time and include some special treats such as ice cream sundaes or cookies
- Look through the ideas found on the reverse side and think through what will work best for your family

## DURING THE FAMILY TIME

1. Read through the ideas/tips together.
2. Discuss and create a summer tech plan using this guide to talk about the positive/negative aspects of technology. Your family will have the greatest success if you help establish the “why” behind the plan.