



SMART DIGITAL FAMILY PLAN



The SGS Smart Digital Family Plan is a tool to encourage your family to have meaningful conversations to Active, Protect, and Empower safe media habits. This planning tool does not guarantee online safety and is provided as a courtesy of Smart Gen Society. SGS is not legally responsible for your family's digital planning or safety.

ABOUT SGS

Smart Gen Society (SGS) is an Omaha-based non-profit, empowering smart choices in today's digital world. Our expert staff and trained facilitators seek to protect and empower the community to use online resources safely, while maintaining their privacy, and staying true to their personal brand.

Our goal is to reduce digital-based anxiety, prevent peer and predator exploitation, and ensure our communities remain safe.

SETTING APPROPRIATE AGE LIMITS



The average age a child receives a smartphone in the U.S. is 10.3. We encourage families to think critically about the implications this has on the important developmental stages of children.

COPPA Laws indicate no child under the age of 13 should have a social media account.

Consider the age your child should be allowed to access the following:

- _____ First digital device
- _____ First smart phone
- _____ Use of texting devices or applications
- _____ Playing multiplayer games
- _____ Augmented reality games
- _____ Having and using social media

When setting digital boundaries in your home, it is important that all members of the family come together and agree to established rules. This may be an adjustment for all.

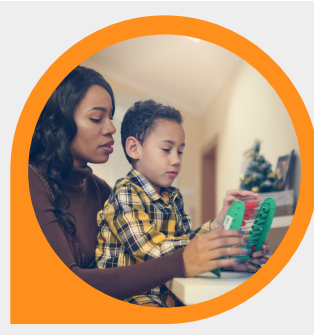
Consider ways to keep each other accountable and to use technology in a positive and educational way.



Want to take SGS wisdom on the go? Download the SGS App for more resources and tools.



ESTABLISHING DIGITAL BOUNDARIES



Places devices are not allowed:

- _____ Family mealtimes
- _____ Movie / game night
- _____ Front seat of the car
- _____ During sleepovers
- _____ Bathroom or locker room
- _____ Bedroom
- _____ Behind a closed door
- _____ _____
- _____ _____
- _____ _____
- _____ _____

FAMILY TECHNOLOGY TIMES

M-F _____ to _____

Sat- Sun _____ to _____

Vacation Hours _____ to _____

Phones will be plugged into family charging station by: _____

Family charging station will be located:

USERNAMES AND PASSWORDS



To better protect the safety and privacy of families everywhere, SGS encourages parents and guardians to be intentionally engaged in a child's online activities. Directly talking to children about the applications they are using allows open communication about potential problem areas and safety concerns online. We recommend that parents periodically review these platforms to ensure children are staying safe, private, and "on-brand."

Parents should have access to all usernames and passwords of children's accounts.

SOCIAL MEDIA ACCOUNTS

Instagram: Username: _____ PW: _____

Snapchat: Username: _____ PW: _____

Twitter: Username: _____ PW: _____

TikTok: Username: _____ PW: _____

YouTube: Username: _____ PW: _____

_____: Username: _____ PW: _____

MULTIPLAYER GAMES

Minecraft: Username: _____ PW: _____

Fortnite: Username: _____ PW: _____

Pokemon: Username: _____ PW: _____

Roblox: Username: _____ PW: _____

Apex Legends: Username: _____ PW: _____

_____: Username: _____ PW: _____

STAYING SMART, GENUINE, AND SAFE



It is essential that children come to their parents or caregivers when they are struggling with online activities. Consider the following family rules that can be established to help children understand the responsibilities that come with having an electronic or mobile device...

- _____ I will stay on-brand and only post, send, and share pictures I would want my family to see.
- _____ I will protect my personal data on social media or gaming applications by turning all of my accounts to private mode.
- _____ I will protect myself by turning OFF my location sharing / geolocation services with anyone but my parents or caregivers.
- _____ I will tell my parents ASAP if someone sends me an "off-brand" or inappropriate picture.
- _____ I will tell my parents ASAP if someone asks me to share an "off-brand" or inappropriate picture.
- _____ I will be SMART, GENUINE, and SAFE when posting on my social media and messaging others.
- _____ I will not participate in (or use) polling, gossip, or anonymous apps.
- _____ I will hand over my device when asked and without arguing.
- _____ I will only "friend" people I know and love that provide positive value to my life.
- _____ I will only "follow" people or allow people to follow me that add positive value to my life.
- _____ I will ...
- _____ I will ...

JOIN THE SOCIETY

For additional resources on specific social media apps, SGS updates and more, visit our website at smartgensociety.org and click the **Join the Society!** link at the bottom of our home-page.