

CONSIDERATIONS FOR A FAMILY MEDIA AGREEMENT



A family media agreement is an agreed family plan about how you, as a family, will deal with computers, smartphones, tablets, gaming consoles, e-readers and so forth. Some parents may call this type of agreement a family media agreement; a family tech plan, a technology agreement, or a phone contract.

Things to consider when you create your family media agreement:



DIALOGUE Discuss the agreement with your family and decide which terms are important for your family. Make sure that everyone is able to contribute to the conversation.



IMPROVEMENT Ask opinions on what would be an ideal day? An ideal dinner? An ideal evening on a school day? An ideal weekend? Assess impact of inclusion and exclusion of tech.



ATTRACTION Understand that electronic toys and online activities are very, very attractive to tweens and teens.



OPPORTUNITY Teens have a fantastic opportunity to start building the online identity that they want future employers or future schools to see.



BENEFITS Social media has benefits such as social learning, self-esteem, fitting in, and networking, if handled correctly by your teen.



SCREEN BALANCE Enforce a curfew for devices in the evenings, over the weekend, on vacation according to your familial needs.



RESPONSIBILITY Consider how to handle tech when parents are not around. What type of guidelines should be put in place for sole time with nanny, visits with relatives, friends and sleepovers.



FLEXIBILITY Don't be afraid to modify the agreement as your children outgrow certain limits and restrictions.



SOLUTIONS Be prepared to listen, advise and find creative solutions.



Sign



سيف سبيس
Safe Space

وزارة المواصلات والاتصالات
MINISTRY OF TRANSPORT
AND COMMUNICATIONS



www.motc.gov.qa