

Parent Technology Planning Worksheet

Use this worksheet to guide family discussions about technology rules, restrictions, and parental controls for your child's devices.

Discussion Prompts

- At what age should our child receive each device?
- What hours of the day should devices be used?
- Which contacts are allowed at first?
- What apps, websites, or features should be restricted?
- When will social media, YouTube, or email be appropriate?
- Where should devices be stored/charged at night?
- What safety conversations do we need to have?

Device Rules and Restrictions

Device	Age Introduced	Time Rules	Allowed Contacts/Apps	Parental Controls
Phone				
Tablet				
Laptop				

Family Agreement

We agree to the technology rules we created together and will revisit this plan as our child grows.

Parent Signatures: _____

Date: _____