

FAMILY INTERNET USE PLAN

An Internet Use Plan empowers you to use technology in a way that reinforces healthy behaviors. Take some the time to sit down and look honestly at the way you use technology before completing the Internet Use Plan. It will be to your advantage if you are honest and specific in your plan. You should reassess your Internet Use Plan once every three months, whenever you add a new device or app to your life, or when you join a new social network.

Technology itself is not evil. The goal is for your use of technology to support your healthy behaviors rather than being a downfall. While a website or app might not specifically encourage negative behaviors, pay attention to how you might be using them to isolate.

If you have a spouse or family, consider creating an Internet Use Plan together. As you create a plan as a family, ask yourself, "Does this match our family values?" A family plan creates a culture of health, openness, and accountability for you and your children.

Name: _____

WHAT DEVICES DO YOU USE?

Examples: Work cellphone, personal laptop, family computer, game console, etc.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WHERE IS IT OKAY TO USE THOSE DEVICES?

Examples: Living room, coffee shop, etc.

Device: _____	Location(s): _____

SAFETY SOFTWARE

WHAT FILTERS ARE YOU USING?

Examples: No explicit lyrics in music apps, Google SafeSearch, OpenDNS, YouTube Restricted Mode, having a password for making changes to your device that only your accountability partner has access to, etc.

WHAT ACCOUNTABILITY APPS ARE YOU USING?

Your accountability app should work on your device(s) and provide understandable reports to your accountability partners.

Examples: Accountable2you, Covenant Eyes, etc.

WHO ARE YOUR ACCOUNTABILITY PARTNERS?

You should have at least two accountability partners, people who will follow up with you about your accountability reports. Group members make great accountability partners. Your spouse does not.

