



MEDIA STANDARD: INDIVIDUAL SCREEN TIME ALLOWANCES

Child name: _____ Current Age: _____

To be reviewed and modified on: _____

DIGITAL MEDIA

Use this list to guide your decision-making. For example, if you allow Netflix, you must also decide what type of programming and its ratings, and apply your family's general media standards of where and when it is watched, how much time is allowed, and ensure the parental controls are activated on the device you allow, as well as the app itself.

What type of digital media will this child be allowed to engage with?

Television/Movies/Netflix/YouTube

- On what device (television, computer, tablet, phone)?
- What type of programming?
- Ratings?

Internet browsing

- On what devices (computer, Xbox, smart TV, tablet)?
- Specific websites allowed?
- Specific websites to be blocked?
- Categories of websites to be blocked?

Gaming

- On what devices (console, computer, handheld device, phone)?
- What rating? (i.e., E for Everyone or 4+ in the app store)
- Single or multiplayer?
- What types? (MMORPG, first-person shooter, strategy, sports)
- Allow online messaging or adding friends? (We recommend this begins at sixteen)

Social Media

To be considered at age: _____

Which platform? (We recommend no more than one.)

Allowed to post? (What type of content?)

SMARTPHONES

There is much to be decided here. Remember that as adults, we gradually eased into the abundant features of a smartphone. No child needs all the functionality a smartphone offers. Start extremely restricted and slowly add features with responsible use and maturity. Don't forget to align these with your family's media standard.

What type of smartphone?

- iPhone
- Android
- Kid-Safe phone (*options as of 2024 below*) Gabb
 - Pinwheel
 - Troomi
 - Bark

What type of allowances will be given on the smartphone?

- Weather
- Texting
- Camera
- Internet
- Email
- Facetime/Video Chat
- Games (how many?)
- Education (Quizlet, Kahoot!, Google Classroom)

- Productivity apps (Maps, Notes, Reminders)
- MMS (Sending/Receiving pictures)
- Messaging apps (WhatsApp, Discord)
- Group texts (GroupMe)
- Social media
- App store access
- Music
- Videos/Movies
- Food Delivery

Where is the smartphone allowed to go/not allowed to go? This can be nuanced based on family circumstances. I've included the two basics.

- NO bathrooms
- NO bedrooms with door closed
- _____
- _____
- _____

Where will the phone be...?

- During school hours: _____
- During family time: _____
- During homework: _____
- During church/youth group: _____
- Overnight: _____

Who will pay for the phone, service, and any subscriptions?

- Phone: _____
- Replacement if broken: _____
- Monthly service: _____
- Subscriptions (when allowed): _____