

Social Media Plan

Communication yes. Endless scroll no. Here is where the line is.

For older children. Fill this in together during a calm conversation. Not as a rule imposed, but as an agreement reached.

Platforms My Child Uses

1.: _____

2.: _____

3.: _____

What Each Platform Is Actually Used For

Be specific and honest. Not what it is meant to be used for. What it is actually used for.

The Communication Rule

Messaging friends and making plans: allowed at these times:

From: _____

Until: _____

Not allowed: _____

The Scrolling Rule

Feeds, reels, short videos, and browsing: different from communication.

- ☐ Limited to _____ minutes per day
- ☐ Not allowed in bedrooms
- ☐ Not allowed after _____ pm
- ☐ Not allowed at mealtimes

The Check-In Question

Once a month, we will have a short conversation: how is social media making you feel? Is there anything you want to change?

Next check-in date: _____

We Agree to This Plan

Parent / Carer: _____

Child: _____