

# Manage

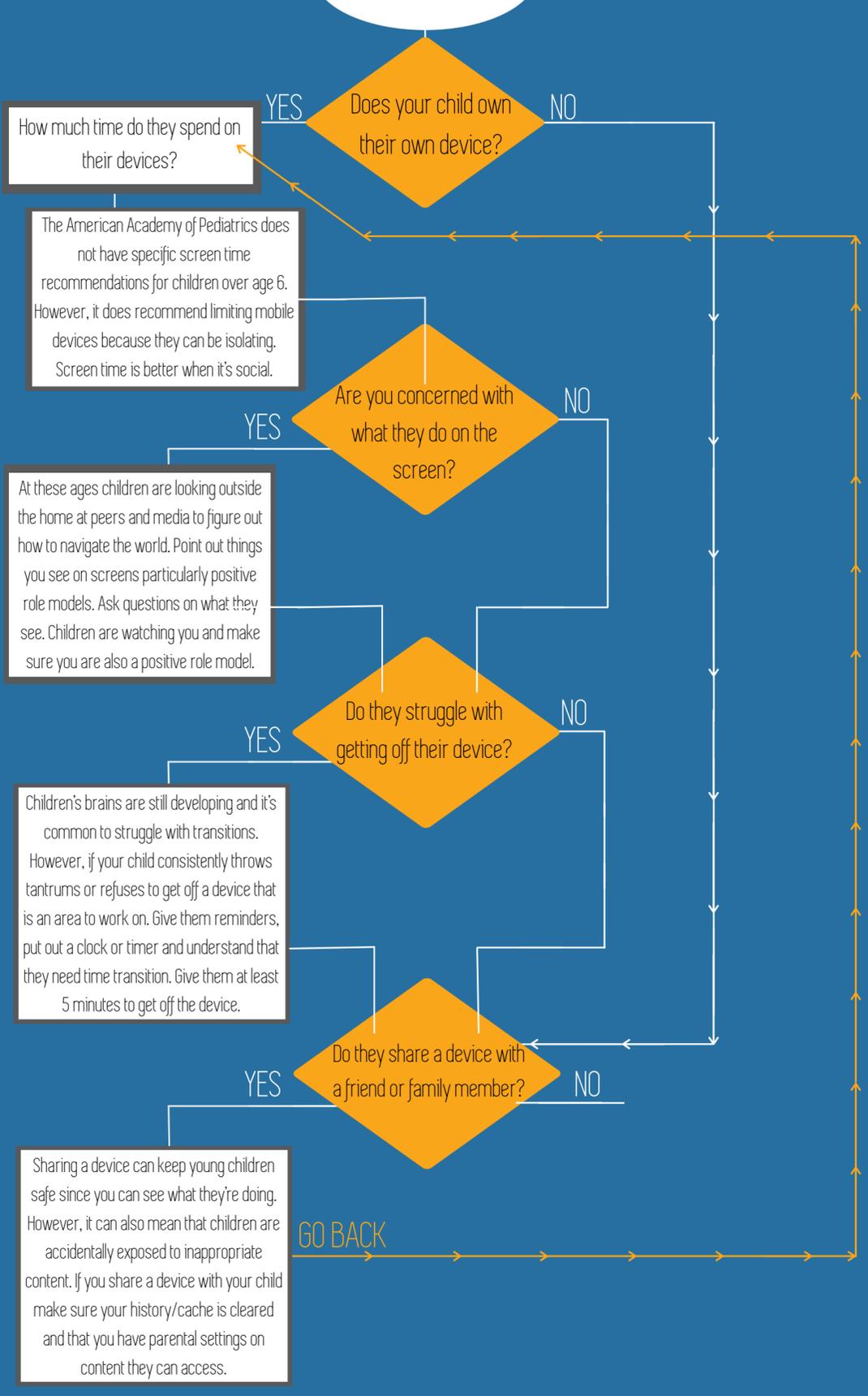
A Family Media Plan Guide For  
8-12 Year Old Children



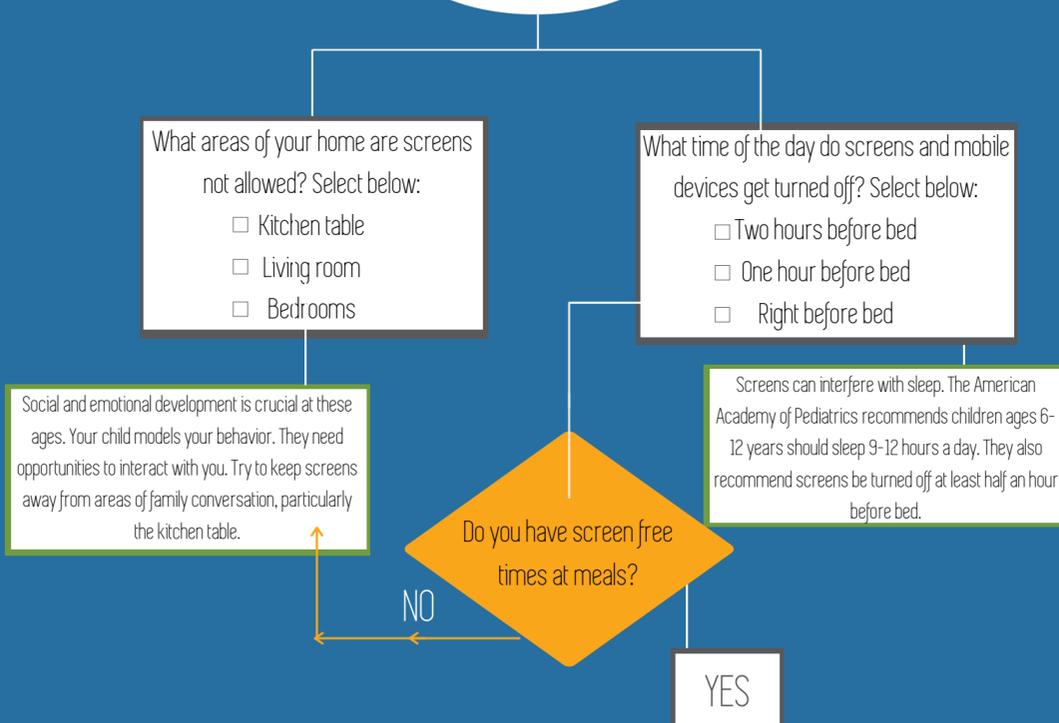
DIGITAL  
RESPONSIBILITY

EDUCATE · INFORM · EMPOWER

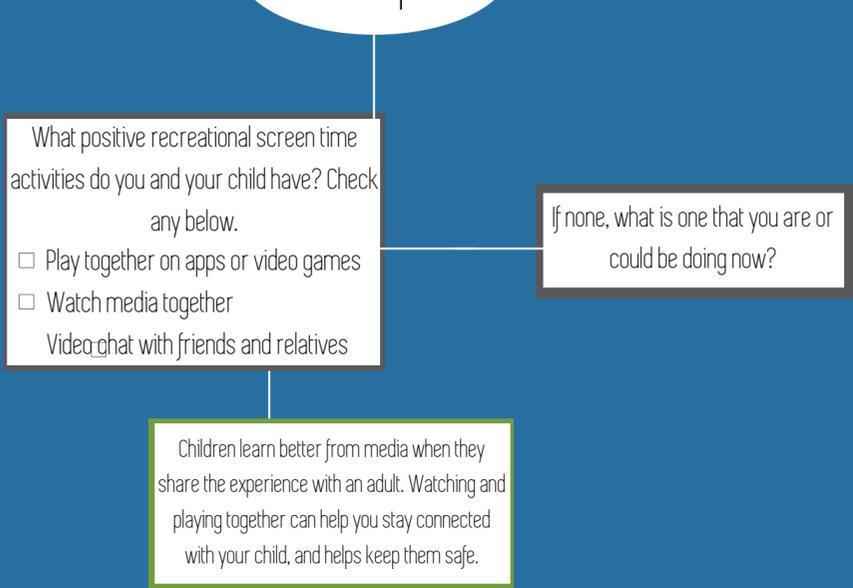
## Screen Time



## Screen-Free Areas & Times



## Media Consumption



## Digital Citizenship

Digital citizenship is the ethical and responsible use of technology. Here are some digital citizenship rules for children these ages: (check any of the rules you follow in your own home)

- Follow family rules on media
- When someone is talking to you, do not look at a phone or other device
- Tell a parent or trusted adult if you get pictures or messages that make you uncomfortable
- Ask permission to use a caregiver or friend's device
- Do not share other people's information or pictures without permission
- Do not share your personal information online with those you don't know
- Do not use a phone or play a game while crossing a street
- Ask permission to create online accounts and share passwords with parents

