Sit-Down Time

- digital well-being agreement of the family

INSTRUCTIONS

a) Get the family together in a calm space.

b) First, everyone thinks silently about what is important to them in using digital devices. It's a good idea to write your thoughts down. Write down as many things as you can think of.

c) Everyone takes a turn sharing one thing that is important to them and writes it in the square below.

d) Take turns mentioning things that are important to you until you can no longer think of anything new.

Pro tip!

Listen to each other without interruption. When you talk about things that are important to you, try to explain why they are important to you. For example:

- "It would be nice if we didn't look at our phones when we eat. Maybe we could put phones in a separate box during meals?"
- "The easiest way for me to relax after school is getting to play video games for a bit. I always do my homework after that."

Name:

It is important for me that

Name:

It is important for me that

Name:

It is important for me that

Name:

It is important for me that

TURN THE PAGE

e) Then talk

- Can you reconcile the perspectives of different family members, or are some conflicted? Think about how you could resolve the conflict.
- Can you think of anything else that you would like to add to the well-being agreement? For example, could you do something nice together more often?

f) Also agree on a time when you will return to the agreement and talk together about how it's working.

Our well-being agreement

We will review how the digital well-being agreement has worked on

_____ (date)

This has been decided by us

Signatures: _____

date _____