

Digital World Boundaries

Your kids are no strangers to technology. They are using it for games, entertainment, and to learn. However, there are times we need to reevaluate, set some parameters, and create some updated expectations for technology. Here are some things to think about before talking to your elementary student.

Safe Boundaries:



Kids are going to explore and even accidentally see something inappropriate when they use technology. It's a matter of when vs if. Remind your kid that mom and dad are a safe space to tell and talk about such things. The best way to be a safe person to talk to is to think about your reaction. Ask yourself what will my reaction be when this conversation happens? That way as a parent you can balance grace and truth. You are happy that they trusted you enough to tell you and you are going to help them navigate that experience.

Device Boundaries:



What type of devices are your kids allowed to use or even to have on their own? Each kid is different and they can change in how responsible they are over time. By creating a device boundary, it helps to let them know what is okay to use, and you can also set goals for future devices based on how responsible they are with current devices.

Time Boundaries:



The amount of time on a device should be different for each type of device and usage. For example a student might need 2 hours of computer time for homework and school versus 15 minutes for playing a game on a tablet or gaming console. Creating time boundaries helps kids manage their technology usage better, and also allows you to hold them accountable.

Parent Boundaries:



Share with your kids some of ways that you use safe, device, and time boundaries with technology. Then model this for them. If you don't want your kids with devices at the dinner table then model that for them as a parent. If it is family time, set aside your phone and be present. When we model things for our kids we help them navigate technology responsibly.

Elementary Digital Boundaries

Safe Boundaries:

What is inappropriate?

Who are safe people to talk to when you see something inappropriate on a device?

Who shouldn't I talk to?

Device & Time Boundaries:

List devices, purpose, and time boundary

Device	Purpose	Time
EX. LAPTOP	EX. HOMEWORK	EX. 1HR MONDAY-FRIDAY

Parent Boundaries:

Parent(s) are allowed to use all devices in the home and to access them whenever needed. We want to be present as a family and use technology responsibly.

Parents will not use their personal device during the following times unless necessary:

