

The Talk Before The Smart Talk Family Worksheet

The Impact of Technology

Want to know how technology impacts your family? Talk through these questions to find out:

1. How does technology help our lives?
2. How does technology make things harder?
3. What are some ways our family is more connected because of technology?
4. What are some ways our family is less connected because of technology?
5. How can our family stay connected while keeping technology in our lives?

Determine Your Online Values

Family Values: The principles that helps your family decide what is right and wrong, and how to act in various situations; the rules to help guide your actions.

Sample values: Honesty, respect, kindness, integrity, faith.

1. What are our family's values? How will they guide our online behavior?

Family values:

How they will guide us online:

2. Which online behaviors do we believe are OK and not OK for our family?

Online behaviors that are OK:

Online behaviors that are not OK:

Find The Right Technology Balance

Consider both the quality of what you are doing online and how long you are on your devices. These questions will help you figure out if it is time to put your device down:

1. What do I do the most online? Is it a good use of my time?
2. Am I being creative or just mindlessly scrolling?
3. Are there things I am not getting done because I am online? How do I feel about what I am not getting done?