

Relational - Check-In

Here are some important check-in questions you can ask yourself to keep on track with your internet safety journey! You can print it out and laminate it so that you can write and erase on it, create digital copies to fill out and keep track of on your computer, or add them to your digital calendar to get notifications.

Weekly



Have each of our children shared something beyond surface level, good or bad, with us?



Was there any concerning tech news I heard about that I need to address in our home?

Monthly



Did we make time to intentionally be together as a family and discuss deep/challenging topics? (i.e., Religious beliefs, hard life circumstances, politics, bullying, sex, etc.).



Did we have tech-free family time?



Did we have tech-full family time?

Annually



Did we establish/continue good family traditions?



Do we have deeper relationships with our kids now than we did at this time last year?



Did we stick to our **Family Tech Vision Statement**?



Have we decided on at least one adjustment/addition to our Internet Safety plan for the coming year?

Notes