

INTERNET USE PLAN

An Internet Use Plan empowers you to use technology in a way that reinforces healthy behaviors. Take some time to look honestly at the way you use technology before completing the Internet Use Plan. It will be to your advantage if you are honest and specific in your plan. You should reassess your Internet Use Plan every three months, whenever you add a new device or app to your life, or when you join a new social network.

Technology itself is not evil. The goal is for your use of technology to support your healthy behaviors rather than being a downfall. While a website or app might not specifically encourage negative behaviors, pay attention to how you might be using them to isolate.

If you have a family, consider creating an Internet Use Plan together. As you create a plan as a family, ask yourself, "Does this match our family values?" A family plan creates a culture of health, openness, and accountability for your entire family.

Name: _____

WHAT DEVICES DO YOU USE?

Examples: Cell phone, personal laptop, family computer, game console, etc.

_____	_____
_____	_____
_____	_____
_____	_____

WHERE IS IT OKAY TO USE THESE DEVICES?

Examples: Living room, coffee shop, etc.

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

WHERE IS IT NOT OKAY TO USE THOSE DEVICES?

Examples: Bedroom, bathroom, etc.

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

Device: _____ Location(s): _____

WHAT WEBSITES/APPS HAVE BEEN DETRIMENTAL TO YOUR HEALTH?

Include any websites and apps that have been a problem for you, even if you haven't visited them for a while. Remove or block these from your devices if they are currently accessible.

Examples: YouTube, Facebook, etc.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

WHAT WEBSITES AND APPS HAVE SUPPORTED YOUR HEALTH?

Include websites and apps that help you maintain structure, accountability, and community.

Examples: Pure Desire Ministries, rTribe, etc.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SAFETY SOFTWARE

WHAT FILTERS ARE YOU USING?

Examples: No explicit lyrics in music apps, Google SafeSearch, OpenDNS, YouTube Restricted Mode, having a password for making changes to your device that only your accountability partner has access to, etc.

WHAT ACCOUNTABILITY APPS ARE YOU USING?

Your accountability app should work on your device(s) and provide understandable reports to your accountability partners. *Examples: Accountable2you, Covenant Eyes, etc.*

WHO ARE YOUR ACCOUNTABILITY PARTNERS?

You should have at least two accountability partners, people who will follow up with you about your accountability reports. Group members make great accountability partners.

WHAT LOOPHOLES ARE YOU AWARE OF?

It is possible to get around any filtering or accountability app.

Example: My game console is not compatible with accountability software.

WHAT ACTIONS CAN YOU TAKE TO CLOSE THE LOOPHOLES?

Example: Our family has a rule that no one is allowed to use the Xbox without someone else in the room.
