

FAMILY PLAN

Discipleship-Driven Technology Use

Family Vision

With better technology habits, our family would...

(Consider spiritual, relational, physical, professional impact)

Tech-free Zones and Times

1.

2.

Notes:

Set Limits and Guardrails

Platform Guardrails

(e.g., Social media, gaming, AI apps, etc.)

1.

2.

How can we use recovered time as a family?

1.

2.

3.

Church Meetings, Worship

1.

2.

Remembering

We will display our plan on ...

To remind each other of our plan, we ...

GUIDING QUESTIONS AND SUGGESTIONS

Possible Council Elements:

1. Gather, pray for help
2. Consider a better future (i.e., “How might ____ improve if we...”)
3. Guardrails & Tech-free zones
4. Address concerns
5. Establish accountability

Remember:

- **Adjust** the template as needed
- “By **small and simple** [goals] are great things brought to pass.”

Prophetic Counsel:

- “The Lord loves effort.” - [President Nelson](#)
- “Many parents will find that they can turn their family on, **if they all turn their technologies off.**” - [President Oaks](#)

Possible Questions:

- **What’s been on your mind** about your technology use?
- Do aspects of our tech use keep us from strengthening **relationships with Christ** and others?
- **Why** is this topic so **important to Stake and Church leaders?**
- How could better tech habits impact our **relationship with Christ?**
- How will we **remember our goals?**
- How could we **reward ourselves** for improved tech habits?
- How might you approach setbacks, lapses into old habits?

Click or Scan to read the **Stake’s message** on Technology and Discipleship

