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Stronger Habits.
Smarter Choices.
Bright Futures.

SMARTER SCREENS. STRONGER LEARNERS.

A practical toolkit for setting
technology expectations,
building responsible AI habits,
and helping students become
*more independent
learners.*

Technology
should support
your child's growth—
*not replace
their thinking.*



FAMILY NAME: _____



STUDENT NAME(S): _____



GRADE LEVEL(S): _____



DATE COMPLETED: _____

“

Plan together.
Learn together.
Grow together.

”





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FAMILY AI + DIGITAL LEARNING PLANNER

Our Family's *Digital-Learning Vision*

Start with purpose. Build a future that lasts.

Strong digital habits begin with a shared family vision. This page helps your family define what you want technology to support before you set rules or limits. Start with purpose, then build expectations that support learning, responsibility, and growth.



The goal is not simply less technology.

The goal is more purposeful technology.



1. Reflect Together

1	What do we want technology to help our child learn? _____ _____ _____
2	What skills do we want our child to develop through digital learning? _____ _____
3	What concerns do we currently have about technology use? _____ _____
4	What would healthy technology use look like in our home? _____ _____
5	How should our child feel after using technology for learning? _____ _____



2. Complete the Sentence

“ In our family, we use technology to _____, _____
not to _____.”



3. Our Family Digital-Learning Vision

Write a 3–4 sentence vision statement that describes how your family wants technology to support learning, responsibility, and growth.

 _____



Review Date

We will revisit our vision on: _____.



Clear expectations begin with a clear vision. ✓



UNDERSTANDING HOW WE USE TECHNOLOGY

You can't improve what you don't examine. Use this snapshot to see where time is going, what's helping your child learn, and what may be getting in the way.



DIGITAL USE SNAPSHOT

Estimate how your student spends time using technology in a typical week.

DIGITAL ACTIVITY	APPROXIMATE TIME PER WEEK	PURPOSE (WHY WE USE IT)	HELPFUL, DISTRACTING, OR BOTH? (H / D / B)	NOTES OR EXAMPLES
 School assignments				
 Research and studying				
 AI tools (e.g., chatbots, writing, idea generation)				
 Educational videos (e.g., lessons, tutorials)				
 Social media				
 Gaming				
 Messaging and communication				
 Entertainment and streaming				



REFLECTION QUESTIONS

Take a few minutes to think together.

- ✓ Which activities support learning and growth? _____
- ✓ Which activities regularly last longer than planned? _____
- ✓ When does technology help the student focus? _____
- ✓ When does it make focusing harder? _____
- ✓ What is one digital habit we need to change first? _____



QUICK TIP

The goal is not to remove all technology. The goal is to use technology with intention, boundaries, and purpose.



“ You cannot improve a digital habit your family has never stopped to *examine*.



THINK CRITICALLY



ACT RESPONSIBLY



GROW CONFIDENTLY



LEARN PURPOSEFULLY

OUR FAMILY TECHNOLOGY EXPECTATIONS

Great technology habits do not happen by accident. Our family creates them together.



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1

WHEN TECHNOLOGY MAY BE USED

We agree on appropriate times for devices, apps, and online tools.

	YES	LIMITED	NO
Before school	☐	☐	☐
During homework	☐	☐	☐
During meals	☐	☐	☐
Before bedtime	☐	☐	☐
On weekends	☐	☐	☐
During family activities	☐	☐	☐

2

WHERE TECHNOLOGY MAY BE USED

We choose locations that support focus, safety, and healthy habits.

	YES	LIMITED	NO
Bedroom	☐	☐	☐
Shared family space	☐	☐	☐
Study area / desk	☐	☐	☐
School	☐	☐	☐
Vehicle / car	☐	☐	☐

3

WHAT MUST HAPPEN FIRST

We build responsibility by taking care of important things first.

- ☐ Homework completed
- ☐ Responsibilities completed (chores, helping, etc.)
- ☐ Materials prepared for the next day
- ☐ Family or personal commitments honored
- ☐ Other:

4

HOW WE COMMUNICATE

Respectful communication builds trust and safety.

- ☐ Ask before downloading new apps or tools
- ☐ Tell an adult when something online feels unsafe
- ☐ Speak respectfully during online interactions
- ☐ Do not hide screens, accounts, searches, or messages
- ☐ Other:

5

WHEN EXPECTATIONS ARE NOT FOLLOWED

We choose natural, fair, and pre-agreed consequences.

- 1 _____
 - 2 _____
 - 3 _____
 - 4 _____
- Consequences should teach, not just punish.

FAMILY DISCUSSION PROMPT

Which expectations apply to everyone in the household - not only the children?

OUR FAMILY COMMITMENT

What does our family promise to do with technology so it supports learning, connection, and growth?

BOUNDARIES ARE NOT ABOUT RESTRICTION.

They are about protection and purpose.

1

FOCUS
WITH PURPOSE

2

USE
RESPONSIBLY

3

GROW
WITH INTENTION

4

CONNECT
WITH OTHERS

RESPONSIBLE AI: WHAT AI CAN AND CANNOT DO

AI is a powerful tool. When used wisely, it can support learning, creativity, and problem solving. But it should never replace a student's thinking, effort, or character.

Use AI as a coach—not a shortcut.



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AI CAN HELP STUDENTS



Brainstorm ideas and explore options



Generate practice questions and quizzes



Explain difficult concepts in another way



Organize notes and information



Build study plans and learning schedules



Practice presentations, interviews, or speeches



Receive feedback on writing or projects



Explore possibilities and solutions



AI SHOULD NOT REPLACE



The student's original thinking



Reading and understanding assigned materials



Solving problems independently



Writing an entire assignment for submission



Checking information against reliable sources



Asking a teacher or adult for clarification



Making personal, medical, legal, or safety decisions

THE DIFFERENCE MATTERS.

How you use AI shapes what you learn.



USING AI AS A COACH



"Explain this concept using an example."



"Ask me five questions to test my understanding."



"Give me feedback, but do not rewrite my answer."



"Help me think through different solutions."

VS.



USING AI AS A SHORTCUT



"Complete my assignment."



"Write this so my teacher will think I wrote it."



"Give me answers without explaining them."



"Rewrite this so it won't be detected."



*AI should strengthen the student's mind—
not become a substitute for using it.*



BE INTENTIONAL
Know why you're using AI.



BE CURIOUS
Ask questions. Dig deeper.



BE RESPONSIBLE
Use AI ethically and honestly.



BE GROWING
Use AI to grow your skills.



Great habits today create a *bright future* tomorrow.

EduQuencher—where learning never runs dry.

THE FAMILY AI

Responsibility Check

Before using AI for schoolwork or personal learning, students should complete the *T.H.I.N.K. Check* to make sure their use is responsible.


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THE T.H.I.N.K. CHECK

T Tell the truth.	Am I being honest about how I used AI?
H Hold on to my own thinking.	Did I attempt the work or form my own ideas first?
I Investigate the information.	Did I verify facts, sources, calculations, and claims?
N Never share private information.	Did I avoid entering names, passwords, addresses, school records, photographs, or other sensitive information?
K Know the rules.	Does my teacher, school, or assignment allow AI for this task?

REAL-WORLD SCENARIOS

Read each scenario and decide whether the AI use is responsible.

- 1** A student asks AI to quiz them before a science test.

- ☐ Responsible
- ☐ Needs an adult or teacher's approval
- ☐ Not responsible

- 2** A student pastes an entire writing assignment into AI and submits the response.

- ☐ Responsible
- ☐ Needs an adult or teacher's approval
- ☐ Not responsible

- 3** A student asks AI to explain why a math answer was incorrect.

- ☐ Responsible
- ☐ Needs an adult or teacher's approval
- ☐ Not responsible



KEY REMINDER

AI is a powerful tool, not a replacement for thinking.
Responsible use today builds trust and independence tomorrow.



*Good choices
Bright future*



QUICK REFLECTION

What is one thing you learned from completing the T.H.I.N.K. Check today?



Responsible AI use is how students show respect for their learning, their peers, and their future. *You've got this!*



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APPROVED TOOLS + FAMILY SAFETY REVIEW

Review first. Approve wisely.

Not every app, website, or AI tool is a good fit for your child. Use this page to review what tools are being used, what they are used for, and what safety questions your family should ask before approving them.

“ The goal is not simply less technology. The goal is more purposeful technology.”

T

Our Family Tool Inventory

	Tool or Platform	Purpose	Who Uses It	Approved by Family?	Approved by School? Yes / No / Unsure	Date Approved	Next Review
1							
2							
3							
4							
5							



Tool Review Checklist

- ☐ What does the tool do?
- ☐ What information does it collect?
- ☐ Does it require the student to create an account?
- ☐ Can other users contact the student?
- ☐ Does it display advertising?
- ☐ Can content be saved, shared, or made public?
- ☐ Is the tool appropriate for the student's age or grade?
- ☐ Does the school permit its use?
- ☐ Will an adult periodically review how it is being used?
- ☐ Is student information or student work used to train the system?
- ☐ Is there a cost, subscription, or free-trial concern?

F

Our Family Approval Rules

What must happen before a new digital tool or AI platform is approved in our home?



A tool is not automatically safe, accurate, or appropriate simply because it is educational or uses AI.



Account Clean-Up Plan

How often will we delete unused apps, unused accounts, or saved data?

Safe choices today build smarter digital habits tomorrow.



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Created by EduQuencher to help families build stronger digital-learning habits, responsible AI use, and student independence.



GOALS TODAY. GROWTH TOMORROW.

Setting goals helps our family stay focused, make wise choices, and turn our technology into a tool for learning and growth.

Dream. Plan. Take action. Repeat.



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OUR FAMILY GOALS

Write down 3–5 goals that will help us use technology wisely and help everyone learn and grow.



SMART GOALS TIP

Make goals Specific, Measurable, Achievable, Relevant, and Time-bound.

	OUR GOAL	WHY IT MATTERS	HOW WE WILL ACHIEVE IT	TARGET DATE
1				
2				
3				
4				
5				



WEEKLY PROGRESS TRACKER

Let's celebrate progress and make adjustments together.

GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	WEEKLY WIN
1	☐	☐	☐	☐	☐	☐	☐	→
2	☐	☐	☐	☐	☐	☐	☐	→
3	☐	☐	☐	☐	☐	☐	☐	→
4	☐	☐	☐	☐	☐	☐	☐	→
5	☐	☐	☐	☐	☐	☐	☐	→

☒ Completed
 ☐ In Progress
 ☐ Not Yet
 ☒ Celebration!



FAMILY REFLECTION

Take time to reflect together each week.



What are we most proud of this week?



What challenges did we face?



What will we do differently next week?



OUR COMMITMENT TO EACH OTHER

We commit to supporting one another, celebrating growth, learning from mistakes, and always growing together.



We commit to:

- ☒ Encouraging effort, not just results
- ☒ Using technology with purpose and balance
- ☒ Honoring our family values every day
- ☒ Keeping learning, kindness, and respect at the center



“ Small steps. Consistent effort. Wise choices. Big impact. *We've got this—together!*



THINK CRITICALLY



ACT RESPONSIBLY



GROW CONFIDENTLY



LEARN PURPOSEFULLY

BALANCE TODAY. WELL-BEING FOREVER.

Healthy balance helps our family stay focused, connected,
and energized—online and offline.

*Balance is not less screen time.
It's more life.*



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OUR FAMILY AGREEMENT

We agree to...

- ☐ Use technology to learn, create, and connect.
- ☐ Treat others with kindness and respect online.
- ☐ Protect our privacy and the privacy of others.
- ☐ Take breaks and protect our sleep.
- ☐ Ask for help if we ever feel uncomfortable online.
- ☐ Put our devices down to be present with people we love.
- ☐ Follow our family plan and check in regularly.



Family Signature _____

Date _____



DIGITAL WELL-BEING GUIDE

Simple habits make a big difference.



PROTECT SLEEP

No screens 60 minutes before bed.
Charge devices outside bedrooms.



MOVE YOUR BODY

Take breaks to stretch, move,
and get outside.



BE PRESENT

Mealtime, conversations, and family
time are screen-free.



FEED YOUR MIND

Read, explore, create, and learn
something new every day.



CHECK YOUR HEART

Notice how you feel online.
Choose what lifts you up.



Remember:

Technology is a tool.
Our *values* set the direction.



OUR DEVICE & APP INVENTORY

Let's know what devices and apps we use and why.

DEVICE / APP	WHO USES IT	PURPOSE (LEARNING, COMMUNICATION, FUN, ETC.)	TIME LIMIT / GUIDELINES	NOTES
1				
2				
3				
4				
5				



FAMILY CHECK-IN

We will check in on our plan:

- ☐ Weekly
- ☐ Bi-Weekly
- ☐ Monthly
- ☐ Other _____

Our next check-in date:

How will we celebrate
progress and wins?

*Today we make
choices that build
strong habits.*



**TOMORROW WE BUILD
A BRIGHTER FUTURE TOGETHER.**



Healthy balance. Strong values.
A family that grows together.
That's our goal.



CONNECT
in real life



LEARN
with purpose



FOCUS
on what matters



GROW
together



Small steps. Consistent effort. Wise choices. Big impact. *We've got this—together!*



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OUR FAMILY DIGITAL-LEARNING AGREEMENT

A clear plan that grows with your child.

Use this final page to identify shared commitments, set practical next steps, and put your family's digital-learning plan into writing.

S

As a Student, I Will:

- ☐ Use technology for its intended purpose.
- ☐ Complete my own thinking and learning.
- ☐ Use approved tools.
- ☐ Protect my personal information.
- ☐ Ask for help when something feels confusing or unsafe.
- ☐ Be honest about how I use AI and digital tools.

P

As a Parent or Caregiver, I Will:

- ☐ Model healthy digital habits.
- ☐ Review tools before approving them.
- ☐ Explain expectations clearly.
- ☐ Support independence gradually.
- ☐ Ask questions before assuming the worst.
- ☐ Revisit expectations as my child's needs change.

START

One habit we will start

STOP

One habit we will stop

GO

One habit we will continue

Student Signature:

Parent / Caregiver Signature:

Date:

Review Date:

AI

Need additional support?

EduQuencher helps families build stronger learning routines, responsible technology habits, academic confidence, and greater independence through tutoring, coaching, and personalized learning support.

Clear expectations. Responsible AI. More independent learners.



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