



Digital Boundaries Plan

Create a personalised plan for managing your relationship with AI-driven technology

My Current Reality

Platforms I use most:

Average daily screen time:

Platforms that consistently affect my mental health negatively:

Times when I'm most vulnerable to unhealthy usage:

My Boundaries

Maximum daily time for [Platform]:

Tech-free times: From _____ to _____

Tech-free spaces:

Content I will actively avoid:

Warning signs that mean I need a break:

My Support System

Person I can talk to about technology concerns:

Accountability partner for digital boundaries:

Professional support if needed:

Technical Protections

- ☐ Screen time limits enabled
- ☐ Content filters active
- ☐ Notification management configured
- ☐ Devices charging outside bedroom

Monitoring tools I'm using:

Monthly Check-In

Are my boundaries working or do they need adjustment?

Have I noticed improvement in my mental health?

What's the hardest boundary to maintain?

What additional support would help?

More resources from Digital Safety Squad™:

- [How to Create Healthy Family Technology Rules](#)
- [How to Talk to Your Kids About Online Safety](#)
- [Best Parental Control Apps in 2025](#)

- [Digital Safety Squad | Family Safety Hub](#)

Digital Safety Squad™

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