**TAKE BACK THE FAMILY**

**How Parents Are Fighting Back Against Machines**

A Survey

Bruce Feiler, *The New York Times*

**\* Please send completed survey ASAP to** [**contact@brucefeiler.com**](mailto:contact@brucefeiler.com) **\***

Your Name:

Your Profession:

Where do you live?

Please indicate the age of your children, and if they’re in elementary, middle, or high school.

**FIRST PHONE**

How old were your children when they got their first phones? Was it a smart or dumb phone?

What were the most effective restrictions you imposed on your children’s first phone?

If you could give parents one piece of advice about their child’s first phone, what would it be?

**HOMEWORK**

Are your children allowed to communicate with friends while doing homework?

If your children use devices for homework, how do you handle email, social media, Internet?

If you could do it over, what guidelines would you place on technology during homework?

**NIGHTTIME**

Are your children allowed to have devices in their rooms in the evenings/at bedtime/overnight?

Do you have rules about where your children must charge their devices? When did those end?

If you could do it over, how would you change your rules about technology and bedtime?

**THE INTERNET**

Do you use parental controls? If so, what was your experience?

**SOCIAL MEDIA**

What are your rules about social media?

Have you ever read your child’s texts? If so, under what conditions?

What techniques, if any, do you employ to monitor your child’s social media use, i.e. learning their passwords, following their posts?

What advice would you give parents whose children are just venturing into social media?

**PUNISHMENT**

What punishments do you use for violating your family rules?

Do you ever confiscate your children’s devices? If so, what happens?

Does your child pay some or all of their monthly fee, data, or overages?

**FAMILY TIME**

What techniques are most effective in getting children to turn away from their phones and spend meaningful time with their families?

Are there certain times of the day (mealtime) or certain times of the week (movie night, game night, religious practice) that you impose limits on devices?

What’s your best tip to make sure families have together time as well as individual time?

THANK YOU *●* Please return to Bruce Feiler at contact@brucefeiler.com!