Acceptable Use Plan for Technology Use

**Technology Health Plan**

Complete the following sections to create your Acceptable Use Plan for Technology Use.

**Preamble:** (Why you need an Acceptable Use Plan? / Why it is important to your TX?)

**Time and Place:** (What are times/places you can or cannot use technology in healthy ways?)

**Meeting Others**: (What are your rules about meeting people you know online, offline?)

**Respectful Communication:** (How will you communicate in the online world?)

**Blocking/Filtering/Monitoring** (What types of programs will you use?)

**Usernames and Passwords:** (What are your usernames? Who will know this info?)

**Unacceptable Activities:** (List some of your most significant unacceptable online activities.)

**What to do if…**(What will you do if you run across sexual material/prohibited material?)

**Consequences:** (What consequences should you receive if you violate your AUP?)

**Concluding Statements:** (How do you feel about your plan? Any other elements to add?)

**Signature:**