


# DIGITAL COMPASS

Starting point to open the discussion. Discover where your family stands when it comes to their digital habits.

## APPS

Check the apps you use, and add a  next to your favourites!

PARENT	TEEN		PARENT	TEEN	
<input type="checkbox"/>	<input type="checkbox"/>	Instagram	<input type="checkbox"/>	<input type="checkbox"/>	Streaming (Netflix, Disney+, illico+ etc.)
<input type="checkbox"/>	<input type="checkbox"/>	Snapchat	<input type="checkbox"/>	<input type="checkbox"/>	Twitch
<input type="checkbox"/>	<input type="checkbox"/>	TikTok	<input type="checkbox"/>	<input type="checkbox"/>	X
<input type="checkbox"/>	<input type="checkbox"/>	YouTube	<input type="checkbox"/>	<input type="checkbox"/>	AI (ChatGPT, Gemini, Copilot)
<input type="checkbox"/>	<input type="checkbox"/>	Facebook	<input type="checkbox"/>	<input type="checkbox"/>	Music (Spotify, Apple Music)
<input type="checkbox"/>	<input type="checkbox"/>	Messaging (Messenger, WhatsApp)	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	Discord			

## PRIVACY

Check the boxes to determine where you stand with regard to the best practices.



Tutorials to help you configure your parameters.

PARENT	TEEN	
<input type="checkbox"/>	<input type="checkbox"/>	My social media accounts are set to "private" mode.
<input type="checkbox"/>	<input type="checkbox"/>	My privacy criteria are restricted, and I know who can see my posts.
<input type="checkbox"/>	<input type="checkbox"/>	My location, especially on Snap Map, is "private" or shared with a close circle.
<input type="checkbox"/>	<input type="checkbox"/>	I know what shady online behaviour looks like (for example: a person who asks for information, asks questions, discusses personal topics, offers gifts, asks to keep a secret, asks for money, or sends a hyperlink).
<input type="checkbox"/>	<input type="checkbox"/>	I know how to block someone or report inappropriate content online.
<input type="checkbox"/>	<input type="checkbox"/>	I understand that you need the permission of the person being photographed before sharing their photo on social networks.



VIDEOTRON

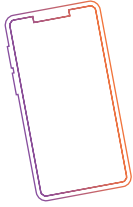
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COMMUNICATION

Indicate the best time to reach you and check the box to see where you stand with regard to the best practices.

Time I start replying to my messages in the morning

PARENT

TEEN

PARENT

TEEN

I understand that I need the person's consent before sharing their photo.

PARENT

TEEN

I am not available during mealtimes. No phones at the table!

PARENT

TEEN

I agree to avoid using my phone during a face-to-face conversation.

Time when I stop replying to my messages in the evening

PARENT

TEEN

PARENT

TEEN

As a parent, I understand that I should not expect a response if I write to you during school hours.

PARENT

TEEN

I will let you know if there is an online conversation that brings together students in my class, grade level, or other extracurricular activity (Snapchat, Messenger, iMessage, or other).

Means of communication to be reached during school hours

PARENT

TEEN

PARENT

TEEN

If I am in a group where there are insults or mean things being said to me or someone else, I commit to talking to a trusted adult about it.



ENTERTAINMENT

Write your current must-haves. Feel free to show examples on your phone.

Content that makes me happy

PARENT

TEEN

Content I would like to see more of

PARENT

TEEN

Content I would like to see less of

PARENT

TEEN

Content that makes me uncomfortable

PARENT

TEEN

Favourite content creators

PARENT

TEEN

Mobile game (try it together!)

PARENT

TEEN



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LIFESTYLE

Consider healthy lifestyle habits.

	PARENT	TEEN
Time I turn on my phone in the morning		
Hours of sleep per night		
Screen-free activity to do before sleep		
Physical activity I like		
Quiet activity that I like		
Creative activity I love		
Activity with friends that I like		
Activity with family I like		
Screen-free activity to do with the family		
Series(s) or movie(s) to watch with the family		



MY GOALS

Set up new habits.

	PARENT	TEEN
Current screen time for leisure during the week		
Current screen time for leisure on the weekend		
Desired screen time for leisure during the week:		
Desired screen time for leisure on the weekend		
Turn off notifications that aren't needed		
Enable silent mode		
Set up sleep mode		
Set time limits per app (in settings)		



I agree to revisit this digital compass checklist and see where I am with my goals on:



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