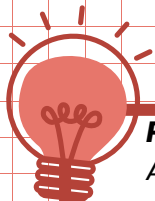


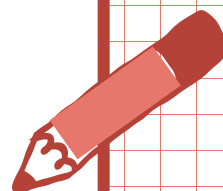
# Family Tech Agreement



**Parent note:** Read this section out loud with your children, then read through the Agreement together and check or modify the boxes to customize this Agreement.

I love you and want you to be a well rounded, healthy young person that can function in the world and coexist with technology, not be consumed with it. It's my job to guide you on screens and off.

Navigating technology is a road we're on together. I promise I'll be someone safe you can come to when things go wrong and we'll figure it out together.



## I will:

- ☐ Leave my phone outside my bedroom at night to charge.
- ☐ Immediately answer a call or text from my mom, dad or other family members.
- ☐ Ask you before I download any apps on my phone or device.
- ☐ Ask permission when sharing anyone else's photo or video online.
- ☐ Tell an adult if anything online feels creepy or weird.
- ☐ Set my accounts to "private".
- ☐ Pay for any game or app purchases I make (after getting your approval).
- ☐ Let you know my passwords for devices and apps.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## I will not:

- ☐ Share my age, full name, address, phone number or other personal information online.
- ☐ Share my passwords with friends.
- ☐ Share my location publicly or with accounts I don't know personally.
- ☐ Be mean, spread rumors or make fun of people online.
- ☐ Make fake profiles or pretend to be someone else on the internet.
- ☐ Set up accounts on social media until I am \_\_\_ years old and have talked with you.
- ☐ Add, text or interact with anyone online who I do not know
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Safety limits

- ☐ I can game/text/socialize every day for \_\_\_\_\_ hours/minutes on weekdays and for \_\_\_\_\_ hours/minutes on weekends, once \_\_\_\_\_ (chores/homework) are done.
- ☐ All devices are turned off at \_\_\_\_\_ pm and left charging in the \_\_\_\_\_ (living room, office, kitchen).
- ☐ \_\_\_\_\_

## Reflection

- ☐ I will regularly take breaks from my devices and reflect on the time I spend online connecting with others vs consuming content.
- ☐ I will prioritize the people in front of me, not my notifications or apps.
- ☐ \_\_\_\_\_

## I understand that:

- ☐ You can take away my phone and other devices at any time.
- ☐ Having a phone and other devices connected to the internet is a privilege and a responsibility that I will take seriously.
- ☐ You will be taking an active role in my safety online and will be prioritizing my safety over my desire for privacy.
- ☐ We can revisit this Agreement and update it as needed.
- ☐ \_\_\_\_\_

## Acknowledgment

By signing below, I acknowledge that I have read, understood, and agree to follow this contract.

\_\_\_\_\_  
Child Signature

\_\_\_\_\_  
Parent/Guardian Signature

