

# Family Tech Agreement

We, the \_\_\_\_\_ family, agree to the following terms regarding our use of technology:

## Screen Time Limits

- Weekday screen time (excluding school work): \_\_\_\_\_ minutes per day
- Weekend screen time: \_\_\_\_\_ minutes per day
- All devices will be turned off by \_\_\_\_\_ PM to support healthy sleep habits.
- Tech-free zones and times include:
  - Dinner table
  - One hour before bedtime
  - \_\_\_\_\_

## Safety and Privacy

- We will keep all social media profiles private<sup>4</sup>
- We will not share personal information, including our location, with people we haven't met in real life
- We will ask for permission before downloading any apps
- We will not share passwords with anyone except parents/guardians
- We will never take or share inappropriate photos of ourselves or others

## Responsible Use

- We will not use devices while driving
- We will answer calls or texts from family members promptly
- We will not use technology to lie, bully, or be hurtful to others
- We will think twice before sending any message or photo, considering its potential impact
- We will only friend people we know in real life

## Parental Oversight

- Parents have the right to check devices and monitor online activity
- Children will provide parents with passwords to all accounts
- Parents will respect children's privacy and not post about them without permission

#### Digital Etiquette

- We will not be mean, spread rumors, or make fun of people online
- We will ask for permission before sharing photos or information about others
- We will respect and adhere to technology-free times and zones

#### Online Safety

- We will immediately tell a trusted adult if we encounter threatening or inappropriate content online
- We will never meet up with someone we've only met online
- We will be mindful of our digital footprint and consider "WWGS" (What Would Grandma Say?) before posting

#### Device Care

- Children are responsible for taking care of their devices and will pay to replace any damage

#### Consequences

If any family member violates this agreement, we will have a calm and respectful discussion to address the issue. Possible consequences may include temporary confiscation of devices.

#### Review and Revision

We agree to review this contract every \_\_\_\_\_ months and make revisions as needed.

Signatures:

Parents/Guardians: \_\_\_\_\_

Children: \_\_\_\_\_

Date: \_\_\_\_\_