

OUR FAMILY TECHNOLOGY AGREEMENT

EXPECTATIONS HOW OUR FAMILY WILL USE DEVICES

Device-Free Activities

- Meals shared with other people
- During school or homework time
- During practice and group activities
- In the car
- While someone is speaking with me
- Practice, rehearsal, or lessons

Device-Free Times

- In the morning before _____ am
- In the evening after _____ pm

Device-Free Places

- School
- Cars
- Place of worship (church, synagogue, etc.)
- Bedrooms
- The basement, den, or other closed-door rooms in the house
- Bathrooms

Stored and Charged Location

Device Agreement

- If my phone breaks, I will tell a parent exactly how it happened, honestly and in a timely manner.

● A parent will have the login information for all of my accounts. I will tell them if I change it.

● A parent can ask to see my device at anytime.

Screen Time Boundaries

Time for school or work

Time for games

Time for social media

Time on the app that is the most distracting

Time to watch movies and TV shows

Personal Information and Security

How we will create and store passwords

Purchases I can make on my device

I will keep private:

- Full Name
- Address
- Phone
- Credit Card
- Birth date
- Email

Content

- I understand what is appropriate content to send and receive.
- I will tell a parent if I receive or am asked for something inappropriate.
- I will tell a parent or trusted adult immediately if someone I know talks about:
 - suicide, self-harm, or abuse.
 - acts of violence, drugs, or illegal activity.
- I will tell a parent or trusted adult immediately if I see or read:
 - cyberbullying.
 - pornography.
 - something that makes me feel uncomfortable or scared.

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Apps, Games, and Social Media I'm Allowed to Use

- A parent has to set privacy settings.
- I will not make in-app purchases.

Communication

- The requirements for me to accept a message, contact, friend request, follow, etc., from someone (select one):
 - I know them in real life and a parent knows them.
 - I know them in real life.
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- I will never click on a link sent by a stranger or company (if I did not request the link or sign up for it).
- I will not electronically communicate something that I would not say face-to-face.
- I will not engage in cyberbullying, including but not limited to group messages, texts, memes, videos, and comments.
- I will ask permission from someone before digitally sharing a photo of or information about them.
- I understand that if I send a photo or text, even in an app where it will disappear quickly, someone could screenshot it and share it with the whole school, on their own social media channels, and on public platforms.
- I will respect others by the way I talk to and about them digitally, whether I know them in real life or not.
- If a stranger offers me a prize or gift, I will not accept it and will tell a parent immediately.
- I will be the same person I am digitally as I am in real life, not making up false information about myself.
- I will only share information online that is appropriate to share with the whole world, not sharing anything personal, identifying, or private.
- I will ask family members before digitally sharing photos of or information about them online.
- If I have questions about my body, sexuality, illegal activity, violent events in the news, pornography, or drugs, I will ask a parent or another adult who I know my parents trust instead of searching online for answers.

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We Agree

We will revisit this contract on _____ together to see if there are any needed changes or updates.

When a mistake is made, we agree to talk about it honestly and calmly, and the consequence will be:

I agree to approach technology responsibly, respect both myself and others, keep communication with my parent/child open, and take good care of devices and myself. I agree with our family's decisions above, and I agree to be open to questions about technology.

- ***PARENT ONLY: My child will not be punished for asking me a question or telling me about something inappropriate they see online or from a friend.***

CHILD SIGNATURE

PARENT SIGNATURE