

Family Technology Contract

I, _____, agree to:

Safety Rules

- I won't share photos or personal information with people I haven't met in real life.
 - I won't add, text, or interact with anyone online that I don't know.
 - I will ask _____ before I download any apps on my phone, tablet, etc.
 - I will not share my location on any apps or devices. My parents/carers can adjust my privacy settings any time. I understand this is for my safety.
 - I won't respond to threatening email, messages, posts, or texts and I'll tell an adult right away.
 - I will tell an adult if I see anything online that's inappropriate or makes me feel icky, uncomfortable, nervous or afraid.
 - I will use only a screen name and won't share passwords (other than with parents/ carers).
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Family Rules

- I will immediately answer calls or texts from my parent or other family members.
- I understand that my devices are a privilege that can be taken away at any time.
- I will leave my phone _____ (in the kitchen, etc) to charge each night.
- Online purchases must be approved by _____.
- The games, apps, and platforms I'm not allowed to use, at home or at someone else's house, include:

Screen Time Limits

- I will use screens (except for school) no more than _____ min/day during the week.
 - I will use screens no more than _____ min/day on weekends.
 - I will turn off all devices by _____pm to support healthy sleep.
 - I will never use any device while I am driving.
 - Other places or times when I will not use a device include: At the dinner table, one hour before bedtime,

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Other

- I won't be mean, spread rumors, or make fun of people online.
- I will never type or post anything online that I wouldn't say in person.
- I will ask people's permission before sharing photos or information about them online.
- I will not share, like, or comment on hateful, discriminatory, or mean posts.
- If I make a mistake online, I will ask for help so we can fix it together.
- _____
- _____
- _____