

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:

Sceentime 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.
- ☐ _____
- ☐ _____
- ☐ _____