



## Family Tech Contract

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Technology use is a major responsibility. This contract is to ensure that I am safe and healthy. I realize that technology is a requirement to do homework, but it is a privilege for other uses.

I understand that everything I like, follow, comment, post is connected to me, and I will stay positive.

These are family rules we ALL must follow to ensure we have a balance of digital time and quality family time. (Select those that your family agrees upon or add additional relevant ones.)

### We agree to the following:

- I am required to contribute to the cost of my devices. My contribution is: \$\_\_\_/month or I will maintain grades/chores/behavior as follows: \_\_\_\_\_
- All devices must be turned off at \_\_\_\_\_ pm each school night and \_\_\_\_\_pm on Friday and Saturday nights.
- It is my responsibility to recharge my devices each night in the \_\_\_\_\_.
- I agree that if I am unable to keep up with my responsibilities, the use of all devices can be taken away from me even if I have contributed to the cost.
- I will not use any device to search for inappropriate content.
- I will not use foul language, hurtful or sexual talk.
- If someone shares something that makes me upset or hurts someone else, I will let a parent know. Parents will not blame me for what others do.
- If I see or hear any of the following, I will notify adults.
  - Violent talk or images
  - Sexting/Sexual harassment (unwanted pornographic images sent to you)
  - Bullying harassment
  - Suicide threats or self-harm
- I will not ignore a phone call from “Mom” or “Dad” or “Guardian.”
- I will not use a cellphone during school hours.
- If my phone is lost, stolen or damaged I am responsible for the replacement costs/repairs.
- I will avoid digital drama. If I’m found participating, I will lose tech privileges. (Anything you do through technology leaves a trail. Avoid toxic group chats. If you’re found to apart of one (even if you are not the toxic one) you are still responsible for staying in it.)
- I will not focus on the number of likes /followers. Instead, I will focus on using tech to connect/share with real world relationships.
- I will limit the amount of time I am on the devices to \_\_\_\_\_ minutes per day for non-school activities/interactions.

- I will remain off my phone during meals or when spending time with family. I will balance the time I spend online to include equal or greater amounts learning something new.
- I will not enable or disable any privacy settings on any device without parental permission.
- I must go over any new apps/social network accounts/video games with parents/guardians prior to use and updates.
- I will not create any type of account without my Parents/Guardians permission. They have permission to check all devices for new accounts. **NO ANONYMOUS ACCOUNTS.**
- Parents/Guardians will have access to all phone passwords and voice mail, social networking, and video game passwords.
- I will not send or accept friend requests to anyone not approved by my parents.
- Parents/Guardians will meet all of my followers/digital friends in the real world.
- Parents/Guardians have the right to go through any devices/accounts at any time. Let your friends know that you are being monitored as well.  
(Parents will not secretly monitor digital activities, the child should know you are going through devices regularly.)
- I will not hack or attempt to get around filters or monitors, this includes searches on how to get around software. I will not use a VPN or any other tools to bypass filters of any kind.
- I will not share any personal info while online. (This includes, but is not limited to, family members birthdays, vacation plans, photos or videos without prior approval.
- Parents/Guardians will get child's (depending on the age of the child) permission before posting their image on social media.

**The consequences for not following through with these limits on all devices are:**

- Loss of device use as determined by parents/guardians for \_\_\_\_\_ hours/days.  
(Stay realistic and fair)
- Other \_\_\_\_\_

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

Signed (Child) \_\_\_\_\_ Signed (Child) \_\_\_\_\_

Signed (Parent or Guardian) \_\_\_\_\_

Signed (Parent or Guardian) \_\_\_\_\_