

# Family Technology Contract 2.0

## Family Time & Life Balance

1. I agree to do my homework, reading time, music practice and chores **before screen time**.
2. We agree to spend a minimum **1 hour each day** doing activities as a family members.
3. When we are at the dinner table (at home or elsewhere), we will put our phones and/or tablets away until we are done and have finished cleaning up.
4. We agree that the bathroom will be a no-technology zone.
5. We agree that tablets and phones will “go to bed” at 8pm each night.

## Mutual Support

1. I will immediately tell my parent if I see or watch something online that makes me feel bad, sad or uncomfortable. (Mom and Dad agree to not get mad at me.)
2. I will tell my parent if I find something that I feel is inappropriate (For example: something too violent, scary or “sexy”).
3. We will ask each other how to do new things on tablet or computer. (For example, how to play Minecraft, write a blog post, use digital art apps, etc.)
4. I agree to help my family members learn more about the apps, videos and games I enjoy on my tablet or computer.

## Respecting the Rights of Others

1. I will not send mean or inappropriate messages online, in a text, or in a comment.
2. I won't share or send messages to someone else if that message was meant just for me.
3. I will not share or email pictures to someone other than the people in the photograph.

## Screen Time Limits & Online Safety

1. I will **always ask permission before screen time at home**.
2. I will **not hide** what I am doing online from my parents, grandparents or siblings.
3. When online, I will not share personal identifying information or my location.
4. I will not use my phone during school hours and limit screen time to **1 hour each weekday** and **2 hours each weekend day**.
5. I will **keep track of screen time** on my iPad or tablet, and limit it to **one hour each day, and 2 hours each day on weekends**.
6. I am responsible for remembering my password, and will not share it with anyone beyond our immediate family.
7. I will only message family members and friends that have given me permission. I will not share my email online. My parents will review my communication from time to time.
8. I will not sign up for social media sites, or download apps without my parent's permission.
9. I will not fill out online surveys or questionnaires or give out personal information about my name, or age, or where I live or go during the day.
10. I will be responsible with my phone/tablet/computer and will never leave it unattended. I will not use it while walking to and from school, driving, crossing the street or walking downstairs.

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Child Signature

Date

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Parent Signature

Date

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Child Signature

Date

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Parent Signature

Date