

Family Technology Contract

Parents and children in this house both agree to:

- NEVER text and drive or ride with someone who does
- Respect technology free times
- NEVER ignore a phone call or text from a family member
- Understand that social media represents other people's "best self" and it is dangerous to compare that to your "normal self."
- Discuss safe technology use regularly

Parents in this house agree to:

- Provide one phone and a data plan for each child
- Not post about their children unless given permission
- Provide a judgment-free checkup through a monitoring app or regular message check.
- Ask questions if they need more information
- Learn about and be interested in what their children are doing online
- Allow children to have a set amount of self-directed leisure time without criticism or interruption

Children in this house agree to:

- Take care of their device and pay to replace any damage
- Keep profiles private
- Provide parents with passwords to all accounts and share them with NO ONE else
- NEVER use technology to lie, hide something, be hurtful, share something inappropriate, or participate in bullying
- NEVER take a picture of their nude or semi-nude body
- Think twice before pushing send - pics and messages are tattoos for your reputation that cannot be removed
- Only friend people they know
- Charge their devices outside of their bedroom
- NEVER share personal information online
- Only allow others to use their phone in an emergency
- Tell parents about unsafe situations
- NEVER meet up with someone from the internet
- Think "WWGS" (What Would Grandma Say?) if she read what I'm posting

The following times are technology free in our home:

- Dinner time
- Bed time
- Movies
- Vacations/Road trips/Family time

We agree to this contract because we love each other. The internet can be dangerous and we need to work together to stay safe. If someone violates a part of this contract we will have an honest and calm conversation to resolve the issue. One possible consequence of violating this contract is confiscation of devices for a set amount of time.

Family Signatures