

Family Technology Contract

*If something will hurt another's feelings, choose to not be a part of it.
Be respectful to yourself and others, and make others be respectful to you.
Show empathy by understanding and caring about people's feelings.*

- I am borrowing this technology from my parent(s) and usage is a privilege. If I make good choices and behave responsibly I will continue to have this privilege. If I make bad choices and act irresponsibly I will lose this privilege.
- My digital use is a record of my life. I am creating my digital footprint that will follow me the rest of my life. Futures employers, schools and people I meet will be able to see what I did in the past. There is no way to erase my digital footprint.
- NOTHING DISAPPEARS or DELETES, even if the app tells you otherwise. Plus, everything can be copied with a screenshot.
- Once I send or post something I no longer have any control over who sees it.
- My parent(s) have the right to and will periodically check my devices to make sure I am being appropriate and the people I am communicating with are being appropriate. My safety is their highest concern.
- I am responsible for what happens on my device and what happens on my social media accounts. I will not give out my passwords. I understand that if I allow someone to use my device or post on my account, I am legally responsible for their actions.
- I will remember to live in the moment and not spend all my time on a device. I will enjoy the people I am with and stop checking to see what everyone else is doing. Not everything requires a photo or video to remember.

“Devices” includes smartphones, tablets, laptops, computers, televisions, all game systems and e-readers. List all the devices in your home for which these rules apply:

I cannot use technology during: (i.e. meals, homework, playdates)

I can use technology for _____ minutes during a school week.

I can use technology for _____ minutes during weekends.

I can use technology for _____ minutes a day during summer / holiday breaks.

I will turn in my device and stop using technology at _____ in the evening on school nights. I will turn in my device and stop using technology at _____ in the evening on weekends, holidays and summer vacation.

I will not use any form of technology until my daily responsibilities are completed, including homework and chores. Those chores include:

My technology standards of behavior: (initial each)

I will always respond to my parent(s) if they text me or call me. If I miss a call or message I will respond as soon as I possibly can. _____

I will use devices in public spaces in the home, not in bedrooms or bathrooms. _____

My parent(s) will know all my passwords and password changes. _____

My parent(s) will approve any apps I would like to download and games I would like to play. I will follow age restrictions. _____

I will not delete the history from my device. If I need to delete anything, I should not be doing it in the first place. _____

I will notify my parent immediately if a new device is in the home they are not aware of. _____

I will never give any private information i.e., address, full name, phone number, birthday or name of my school to anyone I am communicating with online. _____

I will keep my location settings set to private on each individual app. _____

I will only communicate with people my age, that I know personally. If I do not know them personally, there is no way to know their real age. _____

I will not say or send anything to anyone using my device(s) that I wouldn't be completely comfortable with my parent(s) hearing, seeing, or knowing about, this includes photos, memes and sexual conversations (sexting). _____

I will never take, send or post sexual pictures or videos exposing any body parts. _____

If someone sends me an inappropriate picture or video with exposed body parts I will not copy, send or show the picture or video to anyone. I will delete it immediately and/or notify a trusted adult. _____

I will not view pornographic videos, pictures or look at inappropriate / adult content. _____

I will not take, send or post a picture or video of someone without their permission. _____

I will treat people how I want to be treated when on technology. _____

I will use my device to spread kindness. I will not say mean things to others, like, comment or share posts that are unkind. I will not participate in threatening, bullying or abusive behaviors. _____

I will be respectful with my device in public. I will silence my device in a restaurant, movie or when spending time with people. _____

When I am using technology, and someone tries to speak to me I will stop what I am doing, make eye contact and respond. _____

I will obey all school rules with devices at school. _____

When playing video games: (check all that apply)

_____ I will turn off public chat.

_____ I will play without headphones, so my parents can hear what people are saying.

_____ If I am trusted to use headphones, my parents will be checking on me periodically to see what is being said. If someone is being inappropriate I will mute or block them.

If someone is doing something that is a violation of my rules, or making me uncomfortable, or they're acting inappropriately, I will use one or more of the following refusal skills:

- end the conversation
- ignore them
- name the trouble (that's rude, nasty, not okay)
- block / delete them
- tell them: my parents check my device
- tell a parent or trusted adult
- Other refusal skills: _____

My parents and I have discussed and agreed to these rules, and I acknowledge that if this contract is broken they will provide appropriate consequences.

(my signature/ date)

(parents' signature/ date)