

Family Device Agreement

Your family is unique. Use these guidelines to frame a conversation. Use the check boxes and open fields to create specific guidelines that work for your family!



Middle School

Responsibility

- I will respect and follow the rules set by my school for device and internet use, including my school's online code of conduct
- I agree that my parents can review my devices, accounts, and online presence at their discretion to ensure my health and safety
 - I understand that my parents may use tools to help manage and monitor my technology use

Online actions & behaviors (aka safety & kindness)

- I will not lie about my age online
- I will only use apps and games that my parents approve of. I will get permission before downloading new apps or games or creating new online accounts
- I will create online accounts with my parents. They will know the passwords
- I will be kind online
- I will not like, comment on, or share anything that could hurt or embarrass someone
- I will not request or share anything I wouldn't want my grandmother to see
- I will report unethical or inappropriate online content or conduct
- I will use AI responsibly I will verify sources
- I will not share my full name, address, or personal financial information online
- I will not share my account passwords with others
- Other _____

Communication

- I will respond in a timely manner when my parents contact me
- I will talk with my parents if I have a problem online
- I will block anyone online who makes me feel uncomfortable. (This can include a known contact or a stranger. This can be because of the content of their messages or how often they contact me.)
- I will only call, text, or chat with contacts approved by my parents. I will get permission before adding anyone new
- Other _____

Health & wellbeing

- I understand that using technology can have negative effects on my physical health, my mental health, and my cognitive development
- I will pay attention to how my tech use makes me feel:
 - Mentally
 - Physically
 - Emotionally
- I understand that my parents may require certain non-device-related activities and behaviors to help me balance my tech use.
 - Spending time outdoors Eating healthily
 - Exercising Spending time with friends in person
 - Getting enough sleep Developing hobbies
 - Other _____

Name: _____

Device and services I use:

Limits: Weekdays _____ Weekends _____ Exceptions _____

No screen zones

I will respect my family's no screen zones including:

- Meal times During homework
- Bathroom During sports/activities
- Bedroom In the car
- During family time Other _____