

# Our tech agreement

We are so excited, you are old and mature enough, to have your own \_\_\_\_\_ (phone, tablet, computer, etc.). With this privilege, also comes more responsibility.

Today, we use our phones and computers to do so many things, and companies have also gotten REALLY good at making us spend time on their apps without even realizing it.

As a family, we are working on having balance with our tech use. An important part of being a human today is using tech in a thoughtful and smart way. It should help you, not hurt you!

**Here are things that we are committing to by giving you this device.**



## 1. School Nights

You will shut down all of your devices at \_\_\_\_\_ o'clock. The devices remain off until the next morning. Devices will not be turned back on until you have finished breakfast, are dressed, and ready for the day.



## 2. Overnight

Every night you will put your device away at \_\_\_\_\_ o'clock in \_\_\_\_\_ room.



## 3. Screen Time Blackouts

Our family does not use our devices when we are: (check all that apply) \_\_\_\_\_ doing homework

\_\_\_\_\_ at school

\_\_\_\_\_ having family time

\_\_\_\_\_ eating

\_\_\_\_\_ one hour before bed

\_\_\_\_\_ during holidays



## 4. Web Use and Passwords

To protect you from inappropriate material and unintentional consequences, we will have access to all passwords, including social media passwords, and don't allow secret accounts.



## 5. Purchases

You will not make any purchases online (including games or apps) without checking with us first.



### 6. Be a good and kind digital citizen

- Respect the privacy of others (don't forward other's information/posts)
- Don't be rude or bully anyone online
- Stick up for others online
- Tell a parent or trusted adult if you or others are being bullied, disrespected, attacked or treated badly online
- Tell a parent or trusted adult if you get messages or photos that make you uncomfortable
- Don't look at your device (texting, instagram etc.) while talking with someone, or during mealtime. ( If it's truly urgent, you will say "excuse me")



### 7. Digital safety

To keep you and others safe, you accept the below:

- You will not give out personal information online (and ask us if you aren't sure)
- You will not use a phone/text while driving
- You will not use a phone or text while crossing a street
- You will not share private or inappropriate photos online
- You will not befriend, chat with or virtually game with someone without talking with us first. Just like in real-life, strangers can be dangerous



### 8. In return, I/we promise to:

- To ask before posting anything about you online, including photos or videos
- To not post on your social media accounts before asking you first
- To be here to help you and answer any questions you may have and help you if you are not sure what to do
- Tell you if I feel concerned about how you are using technology



### 9. If any of us breaks any of these agreements we will:

- Let each other know ASAP
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Most importantly, we agree to be open and honest with each other and to have safe conversations when we need to.**

Sign here: \_\_\_\_\_  
(Person getting device) (Person giving device/parent)