

# Family Digital Agreement



## Our Family's Technology Promise

Technology can help us learn, connect, create and have fun. It can also affect our sleep, wellbeing, relationships and safety if we don't use it carefully.

This agreement is not about punishment. It is about helping everyone in our family develop healthy habits so that technology supports our lives rather than controls them.

We agree to review this agreement together regularly and make changes as our family grows and changes.

## Our Family Values

In our family we want to:

- Spend quality time together.
- Get enough sleep.
- Be kind and respectful online and offline.
- Keep ourselves safe.
- Enjoy hobbies, sports, nature and real-life experiences.
- Use technology purposefully rather than out of habit.
- Talk openly when something online worries us.

## Device-Free Times

We agree that devices will not be used during:

- Family meals
- School time
- Homework time (unless required)
- Family outings
- One hour before bedtime
- Other:



## Device Free Spaces

We agree that devices will not be used in:

- School classrooms
- Bedrooms overnight
- The dining table
- Bathrooms
- Other:

All family devices will be charged overnight in:

## Sleep Matters

We know sleep is important for our health, learning and wellbeing.

We agree:

- Devices will be handed in by \_\_\_\_\_pm
- Phones will charge outside bedrooms
- We will avoid scrolling before sleep
- Parents will model healthy habits too

## Online Safety

I agree that if I see something online that:

- Scares me
- Confuses me
- Upsets me
- Makes me uncomfortable
- Involves someone asking me to keep secrets

I will tell a trusted adult.

**The adults in our family promise:**

- To listen calmly
- Not to overreact
- To help solve the problem together
- To focus on keeping children safe rather than blaming them

## Social Media

Before opening a social media account, we will discuss:

- Age restrictions
- Privacy settings
- Who can contact me
- What information is safe to share
- How social media can affect wellbeing

We understand that online friendships are real, but not everyone online is who they say they are.



## Respect Online

We agree:

- To treat people online as we would in person.
- Not to send hurtful messages.
- Not to share photos or videos of others without permission.
- Not to forward or show content that could embarrass, upset or harm someone else.
- To remember that once something is shared online it can be difficult to remove.

## Screen Time Balance

Technology is part of life, but it is not the only part.

Each week we will make time for:

- Outdoor activities
- Family activities
- Reading
- Exercise or sport
- Friends in real life
- Creative hobbies
- Clubs, groups or community activities
- Learning new skills
- Helping around the home

## Parent Promise

As parents/carers we agree to:

- Model healthy screen habits.
- Put our phones down when spending time together.
- Listen before judging.
- Explain rules clearly.
- Review restrictions as trust grows.
- Respect privacy whilst keeping children safe.
- Continue learning about the online world.

## Child Promise

I agree to:

- Follow our family technology rules.
- Be honest about my online activity.
- Ask for help when I need it.
- Treat others respectfully online.
- Balance technology with other activities.
- Hand devices in when agreed.
- Help create a positive digital environment for everyone.

## What We Will Do If Things Go Wrong

Everyone makes mistakes.

If someone breaks this agreement we will:

- Talk about what happened.
- Understand why it happened.
- Decide together what needs to change.
- Focus on learning rather than blame.

## Family Challenge

Each week we will try one of the following:

- Screen-Free Sunday Morning
- Family Board Game Night
- Family Walk
- Cooking Together
- Visit a Park
- Read Together
- Try a New Hobby
- Attend a Club or Community Activity
- Create Something Together

## Our Signatures

Child/Young Person:

Parent/Carer:

Parent/Carer:

Date:



## Solihull IRL Family Pledge

*"We believe childhood happens in real life. Technology has a place in our family, but it will never replace sleep, play, learning, hobbies, friendships, family time, adventure and connection."*