

# FAMILY TECH AGREEMENT

An agreement between parents and children to use technology wisely



## Our Family Values

- Open communication: We promise to talk to each other about tech use, without yelling or shame. If something needs to change, we'll discuss it respectfully.
- Mutual respect: Everyone's voice matters. Kids and parents will both help shape the rules.
- Balance over perfection: Screens aren't the enemy—but they shouldn't take over our lives. We'll aim for balance.
- Trust and safety: We all want to be safe online. Parents will help guide choices, and kids will bring up problems when they arise.
- If I make a mistake I will tell my parent or trusted adult as soon as possible. My parent will listen without yelling, blame, or shame. They will help and support me. If possible, they will not take away my device.

## Social Media Rules

- I will not join a new social media platform until we talk about it and my parent(s) approve.
- My accounts will be private, and I won't share personal information like my location, school, or phone number.
- I'll only friend people I know in real life.
- If I see something upsetting or someone contacts me in a weird way, I'll tell a trusted adult right away.

## Gaming Rules

- School days: I can play games after homework and chores are done for up to \_\_\_ hour(s).
- Weekends: I can have more time (up to \_\_\_ hours), depending on our family schedule.
- I'll take breaks every hour and avoid rage-quitting or trash talk.
- I'll play games that are age-appropriate and approved by my parents.
- If a game makes me feel upset, anxious, or angry—I'll walk away.

## Screen Time Guidelines

- I agree to limit recreational screen time to \_\_\_ hour(s) on weekdays, and \_\_\_ hours on weekends.
- We'll use timers or screen management tools to help stick to these limits without arguments.
- I will take breaks every hour and spend time doing something offline: playing outside, reading, hobbies, etc.
- Devices will be off or put away during meals and family time.
- No screen use during the hour before bed. My device will charge outside my bedroom at night.

## School & Homework Time

- During school or homework time, my device will be used for learning only.
- Entertainment apps and games will be turned off while I'm studying.
- If I need help focusing, I'll ask for tools or apps to block distractions.
- I will be honest if I'm falling behind and ask for help when I need it.

## Family Time & Bedtime

- Devices will be off and away during family meals, movie nights, or when we're spending time together.
- All screens will be put away at least 1 hour before bedtime.
- Devices will charge outside bedrooms at night to protect sleep.
- We'll use this time to unwind as a family—talking, reading, or just being together.

## Digital Wellness

- I'll be mindful of how tech affects my mood and energy. If I feel anxious or irritable, I'll take a break.
- I'll balance screens with physical activity every day—even if it's just a walk or a quick workout.
- If I make a mistake online, I promise to be honest about it. I won't be punished for coming to my parents with a problem. We'll work it out together.
- Parents agree to lead by example and follow these tech rules too.

