

# FAMILY TECHNOLOGY CONTRACTS



# ABOUT THE CONTRACTS

## WHAT'S A TECHNOLOGY CONTRACT?

A Technology Contract is an agreement between parents and children outlining the expectations and rules for children's devices. Parents can modify this contract as the child grows and desires more freedom.

## HOW IT WORKS:

You should do two things before your child gets their first device - an iPad or tablet.

- take 15 minutes to jot down the safety rules you want to put in place
- take 30 minutes to set up parental controls on that device

## FOLLOW THESE STEPS TO SET UP A CONTRACT

1. Write down safety rules and configure parental controls.
2. Use a Technology Contract to establish rules and ensure online safety.
3. Review and sign together.
4. Update the contract when your child gets a phone or social media account.
5. Work together to negotiate details and stay safe online.

## BENEFITS OF FAMILY CONTRACTS

1. Family media contracts set clear expectations and teach kids to use technology responsibly.
2. The contracts allow you to start open discussions with your kids and encourage them to be part of the decision making.
3. Having a family media contract, your kids will know their boundaries and have concrete consequences for breaking the rules.
4. You are not the bad cop, as your child collaborated in developing the contract rules.

I hope you find the contracts useful to raise responsible and successful kids. Included in this booklet is a sample general Family Media Contract. Please email us to get Family Media Contracts for:

- Computer/ I-Pad
- Video Games
- Cell Phones
- Social Media Use

# GENERAL FAMILY MEDIA CONTRACT



I \_\_\_\_\_ agree to :

## TIME LIMITS

- I will be allowed to use my technology for a maximum of \_\_\_hours a day on weeknights.
- I will be allowed to use a maximum of\_\_\_ hours a day on weekends.
- I will not use past\_\_\_\_o'clock.

## APPROPRIATE CONTENT AND SHARING

- If I am cyberbullied, I will be open and honest with my parents and tell them about the issue so we can deal with it as a team.
- I will not share any content that is too revealing. This includes posting or sending inappropriate photos or messages.
- I will not be hurtful or mean to others on social media. This includes messaging, commenting, posting and liking mean or hateful content.

## SAFETY

- I will not give away any personal information such as my full name, date of birth, address, phone number or photos without my parent's permission.
- I will not share my location while using this device. I will not share my passwords with anyone outside my family.
- I will allow my parents to adjust the privacy settings on this device and monitor my activity. I understand that this is for my safety.
- If anyone pressures me or makes me feel uncomfortable, I will stop talking to them and tell a family member or trusted adult.

## CONSEQUENCES

- I understand that access to this device is a privilege and breaking this agreement will lead to the following consequences:

**This media contract is active when signed. Either party has the right to revisit and edit the agreement as needed. If so, a new computer contract should be discussed and signed.**

**Child's Signature Date**

**Parent's Signature Date**

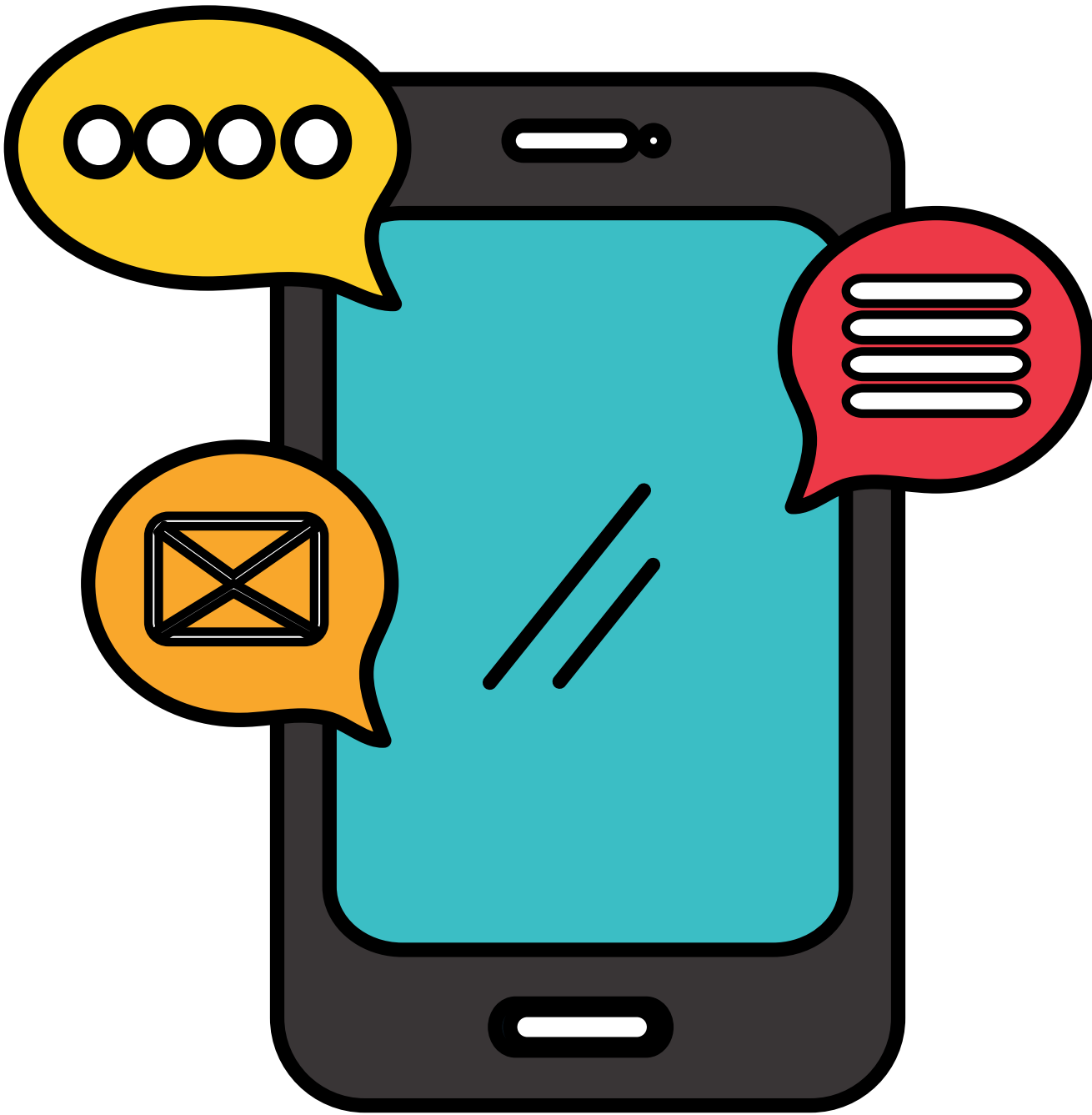
# COMPUTER/ I- PAD USE FAMILY CONTRACT



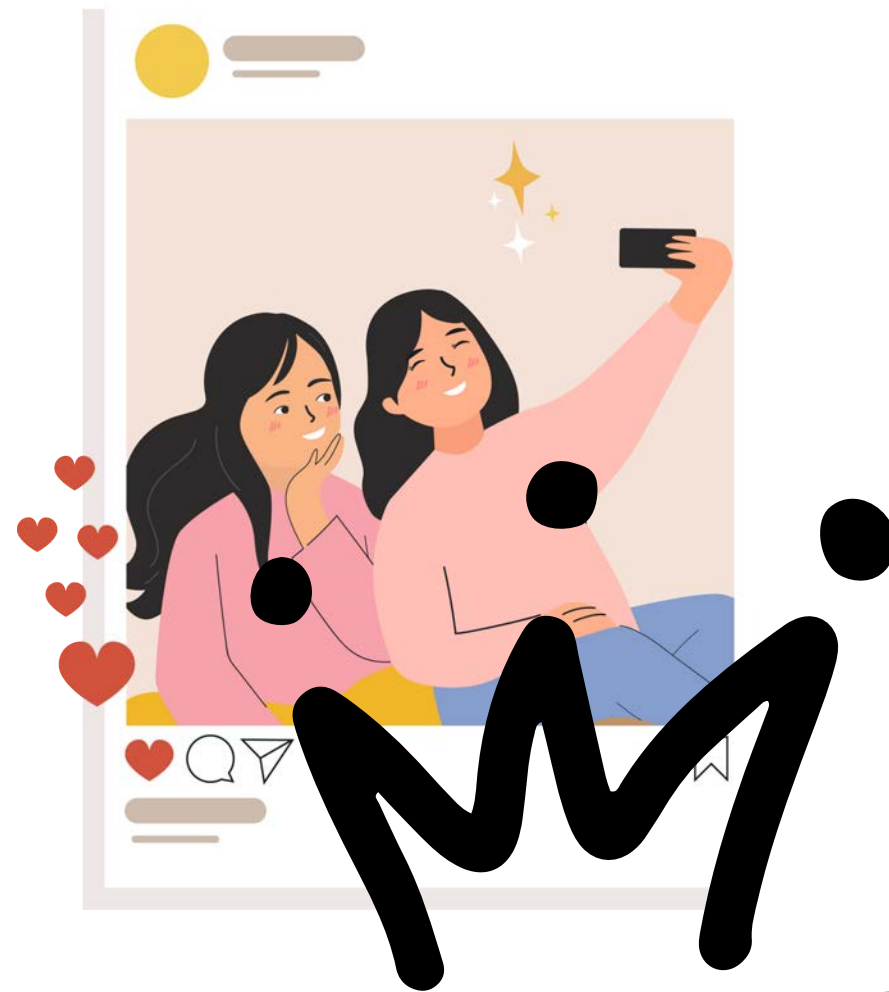
# VIDEO GAME FAMILY CONTRACT



# CELL PHONE FAMILY CONTRACT



# SOCIAL MEDIA USE FAMILY CONTRACT



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