

OUR FAMILY TECH AGREEMENT

Names _____ Date _____ We'll review it on _____

WHERE DEVICES LIVE

- ☐ Phones and tablets charge overnight at _____, grown-ups' too.
- ☐ No devices in bedrooms after _____ p.m.
- ☐ Screen-free times: meals, car rides, and _____

TIME

- ☐ School days: _____ of fun screen time.
- ☐ Weekends: _____
- ☐ Screens off by _____ on school nights.

APPS, GAMES, AND MONEY

- ☐ New apps and games get a yes from a grown-up first.
- ☐ Accounts use real birth dates, so safety settings work.
- ☐ In-game purchases: _____
- ☐ We keep passwords _____

BEING A GOOD PERSON ONLINE

- ☐ I don't post or forward anything about someone that I wouldn't say to their face.
- ☐ I ask before posting photos of other people.
- ☐ I don't share my address, school, schedule, or location with people I only know online.
- ☐ If someone asks for photos, money, or secrets, I tell a grown-up.

WHEN SOMETHING GOES WRONG

Kids: If something online feels scary, mean, sexual, or wrong, I'll tell a parent or another adult I trust.

Grown-ups: If you tell me, you won't be in trouble for telling me. We'll handle the problem first and talk about rules later.

GROWN-UPS PROMISE TOO

- ☐ We follow the same nighttime device rules.
- ☐ We ask before posting photos of you.
- ☐ We explain the reason for a rule.
- ☐ We review this together on the date above.

KID

GROWN-UP

GROWN-UP