

FAMILY CONTRACT

For Technology Usage

MISSION STATEMENT

People first, devices second. While using devices we will always remember family rules including being kind, respectful, and present at all times. In addition, parents will be open and understand when answering questions or addressing challenges children may face online. All devices must be handled with care and put away promptly when asked to do so. It's important to remember that these devices are expensive and should be taken care of at all times.

These rules apply to the following electronics:

Circle all that apply

Mobile Phone

Tablet

Computer

Video Games

TV

FAMILY RULES *Check all that apply*

- ☐ I agree to use technology devices only during the following times:
Monday – Friday _____ to _____ Saturday & Sunday _____ to _____
- ☐ I agree to put away technology devices during the following times: dinner time, family time and when we have guests in our home
- ☐ I agree to not use technology devices when it's dangerous such as while driving, biking or walking
- ☐ I agree to listen calmly and openly when discussing when to use and put away technology devices
- ☐ I agree to communicate with my family face to face instead of with my mobile devices when in our home
- ☐ I will discuss with my parent or guardian any questions I have regarding media messages I see online, television or social media
- ☐ I will remove myself and tell a parent or guardian immediately if something doesn't feel comfortable while on the internet or social media
- ☐ I will discuss with my parent or guardian what made me feel uncomfortable and we will monitor websites and social media visited
- ☐ _____

All family members, please sign in agreement to this Family Contract below.

Parent/Guardians

Youth



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