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*

<table>
<thead>
<tr>
<th>Mobile Phone</th>
<th>Tablet</th>
<th>Computer</th>
<th>Video Games</th>
<th>TV</th>
</tr>
</thead>
</table>

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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