

# Family Device Agreement

Your family is unique. Use these guidelines to frame a conversation. Use the check boxes and open fields to create specific guidelines that work for your family!



## Responsibility

- I will respect and follow the rules set by my school for device and internet use, including my school's online code of conduct.
- I agree that my parents can review my devices, accounts, and online presence at their discretion to ensure my health and safety.
- I understand that my parents may use tools to help manage and monitor my technology use.

## Online Actions & Behaviors (aka Safety & Kindness)

- I will not lie about my age online.
- I will only use apps and games that my parents approve. I will get permission before downloading new apps or games or starting new accounts online.
- I will create online accounts with my parents. They will know the passwords.
- I will be kind online.
- I will not like, comment on, or share anything that could hurt or embarrass someone.
- I will not request or share anything I wouldn't want my grandmother to see.
- I will report unethical or inappropriate online content or conduct.
- I will use AI responsibly.
- I will verify sources.
- I will not share my full name, address, or personal financial information online.
- I will not share my account passwords with others.
- Other \_\_\_\_\_

## Communication

- I will respond in a timely manner when my parents contact me.
- I will talk with my parents if I have a problem online.
- I will block anyone online who makes me feel uncomfortable. (This can include a known contact or a stranger. This can be because of the content of their messages or how often they contact me.)
- I will only call, text, or chat with contacts approved by my parents. I will get permission before adding anyone new.
- Other \_\_\_\_\_

## Health & Wellbeing

- I understand that using technology can have negative effects on my physical health, my mental health, and my cognitive development.
- I will pay attention to how my tech use makes me feel:
  - Mentally
  - Physically
  - Emotionally
- I understand that my parents may require certain non-device-related activities and behaviors to help me balance my tech use.
 

<input type="checkbox"/> Spending time outdoors	<input type="checkbox"/> Eating healthily
<input type="checkbox"/> Exercising	<input type="checkbox"/> Spending time with friends in person
<input type="checkbox"/> Getting enough sleep	<input type="checkbox"/> Developing hobbies
<input type="checkbox"/> Other _____	

NAME: \_\_\_\_\_

DEVICES AND SERVICES I USE:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## NO SCREEN ZONES

I will respect my family's no screen zones which include:

- |                                             |                                                                   |
|---------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Mealtimes          | <input type="checkbox"/> During homework                          |
| <input type="checkbox"/> Bathroom           | <input type="checkbox"/> During sports/extracurricular activities |
| <input type="checkbox"/> Bedroom            | <input type="checkbox"/> In the car                               |
| <input type="checkbox"/> During family time | <input type="checkbox"/> Other _____                              |

LIMITS Weekdays \_\_\_\_\_

Weekends/Holidays \_\_\_\_\_

Exceptions \_\_\_\_\_