

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.
 - ☐ Spending time outdoors
 - ☐ Eating healthily
 - ☐ Exercising
 - ☐ Spending time with friends in person
 - ☐ Getting enough sleep
 - ☐ Developing hobbies
 - ☐ Other _____

NAME: _____

DEVICES AND SERVICES I USE:

LIMITS Weekdays _____ Weekends/Holidays _____ Exceptions _____

NO SCREEN ZONES

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

- ☐ Mealtimes
- ☐ During homework
- ☐ Bathroom
- ☐ During sports/extracurricular activities
- ☐ Bedroom
- ☐ In the car
- ☐ During family time
- ☐ Other _____