

Create Your Own Family Tech

CONTRACT

Family tech contracts are a great way to talk with your kids about healthy practices for their digital lives, and create a mutual understanding of family expectations.

This contract can be read together as a family. Make edits and changes where it makes sense for your child. Add rules that are unique to you and your parenting style. Most importantly, collaborate with your child to fill in blank spaces, so that everyone has an opportunity to participate in the agreement.

Keep the signed contract somewhere accessible, like on a refrigerator or near a charging station. Know that it's okay to revisit the contract on occasion and make appropriate changes. Routine and open communication are key to a healthy family tech life.

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Set tech
boundaries
together!

CONTRACT

In our _____ (e.g. family, school etc.), we want everyone to be able to enjoy technology safely and appropriately. We've talked about the ways we want to use technology and the ways we want to manage our digital devices. On the following pages are some of the most important things we've discussed and agreed to.

Date	Signature

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1. Phones



a. Ownership

i. My phone is my responsibility. I will care for it and let my family know if it is lost, broken, or malfunctioned in any way. We also agree that if I do break or lose my phone:

ii. I agree to keep my phone charged so that it can be used in an emergency and that my parents can reach me.

iii. I understand that my phone is my own only because of my family's support, and there may be times when they request to use it for their own purposes or to help another family member.

iv. _____

b. My Safety

i. I promise to let my parents know if I get calls or texts from people I don't know.

ii. I promise to let my parents know if anyone bullies or harasses me online, if I'm pressured to act in inappropriate way, asked to do something that makes me uncomfortable. Some examples of ways I might feel uncomfortable or pressured are:

iii. I promise to share my passwords with my parents and never with anyone else.

iv. I promise never to share my personal information, like my address or birthday, without my family's permission. Other examples of personal information are:

v. I agree to allow my parents to check my phone to ensure my safety at any time.

vi. _____

c. Conduct

i. Without my family's permission, I will not download new apps or create any new accounts.

ii. These are a few apps that my parents have approved:

iii. These are a few apps that I will not install on my phone:

iv. I will not take, post, or share embarrassing or inappropriate pictures of anyone, including myself.

v. I will not engage in any form of bullying online, including spreading rumors, sharing videos, pictures, screenshots, or posts, or behaving in any way meant to embarrass or demean others. In addition, if I see this behavior in others, I will:

vi. My school has its own rules regarding phones, and I promise to follow them. Those rules are:

vii.

d. Screen Time and Well-being

i. Just because I have a phone doesn't mean it always needs to be near me. It doesn't need to follow me from room to room, be at the dinner table, come along on family outings, go to school or practices, or be in my bedroom overnight. These are places I definitely will not bring my phone:

ii. I promise to monitor my thoughts and feelings around screen time and my well-being. I will tell someone if I believe my device is making me unhappy or if I feel my use is unhealthy.

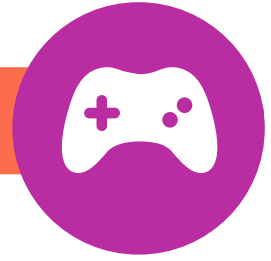
iii. My family and I have agreed on screen time limits, and I promise to follow them. Those limits are:

iv. I will do my best to stay aware of my environment when using my device, including being aware of when others are speaking to me, noticing when my device use may be bothering others, or when using my device may create a distraction or unsafe situation.

v. _____

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2. Video Games



a. Gaming Time

- i. My family and I agree that the following amount of game time is healthy:
 - a. _____ hours of video games on weekdays, and no games after ____ : ____
 - b. _____ hours of video games on weekends, and no games after ____ : ____
- ii. I understand that playing video games is a fun privilege and not a right. I'm not entitled to reach my gaming limit each day.
- iii. I promise not to prioritize video games over homework, time with family or friends, chores, or any other important activity to our family. I understand that, in my family, these things are also more important than video games:

iv. _____

b. Gaming Interactions & Behavior

- i. I understand that gaming can involve social interactions with friends. I agree that those interactions will always include appropriate language and respectful treatment of others, and I know that I am entitled to receive the same. I will alert my family to interactions that make me feel unsafe or unhappy.
- ii. While my family understands that online gaming may involve competition against strangers, I will not accept friend requests, chat messages, or have voice interactions with strangers. The list of people I'm allowed to accept friend requests from includes:

iii.

c. Gaming Content

- i. I promise not to download/purchase/borrow any games without my family's permission.
- ii. The following are examples of games I'm not allowed to play:

- iii. I understand that the content of some games is not appropriate for everyone, and I agree to tell my family if I have questions or concerns about anything I see or experience while playing.
- iv. I agree that my family has the right to supervise my game play, and if they have questions or concerns about the content, I agree to an open and honest conversation about it.
- v. I understand my parents have the right to use parental control settings on my gaming devices.

vi. _____

3. Parent's End of the Deal



- a. My family understands that technology is a big part of everyone's life and that people my age often use it in ways adults don't understand. And sometimes that's okay.
- b. My family will listen to my thoughts and concerns with openness and understanding as I will do to theirs.
- c. My parents can help reciprocate and enforce boundaries around using technology at appropriate times by:

- d. My family promises to help me and support me without judgment if I alert them to a dangerous situation I've encountered while using technology.

e. _____

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