Digital Contract of ___________

(Name)

Congratulations! _______ You’re in! You get the privilege of connecting with your friends on this shared family device. Like most things in life, it’s up to each of us to make good choices to have good experiences. We know that technology is an important part of your life (and we are on board with you!) but before this device is yours, you need to agree to some rules to help you do this.

4. Everyday Rules

I will make sure:

- Follow the rules because I know they are there to keep me safe.
- I understand that ultimately my parents have final say about my devices. Access to a device (phone, gaming console, or educational device) is a privilege, not a right.
- I will not remove or tamper with any apps installed by my parents that are there for my safety.
- I will make sure any app or game I have access to is safe by making sure my settings are private and geolocation services are switched off (unless we agree otherwise).
- If I engage with strangers online, I will be careful with what I share with them & won’t trust them with my personal or sensitive information or content.
- I know how to get help if I need it by blocking and reporting people.
- I won’t try to access content I know is not meant for me, and I will do my best to avoid others trying to show me things that are inappropriate.
- I won’t post or share anything that I wouldn’t be prepared for my parents, friends or teachers to see.
- I understand that I have a role as a bystander in the online world, and that there are expectations of me to help improve a situation I know is wrong.
- I will not keep my device in my room when my when my parents have asked me not to, or use it when I’m not allowed.
- I will not lock myself away in my room or spend too much time online. I will spend quality time with my family, participate at meal times, contribute to the household and connect meaningfully with them.
- I will remember that even if an app seems like a photo or video is self-destructing, there are always ways people can screenshot without my knowing.
- I understand that there are always consequences to my decisions. If I make poor choices this may include losing my privileges for a period of time. I understand this is part of learning how to be responsible.

Our Agreement

While we all know technology is super fun, it’s important to know the rules so you can stay safe (and get help if you need).

1. School Nights & Weeknights

I respect and understand that I need to switch off my devices at _______ o’clock. I understand my devices need to stay off until the next morning, and they will not be turned back on until _______ o’clock.

2. Weekends

Our family limits screen time on weekends to _______ hours per day. I know this is the help me learn how to create healthy screen time limits which is important for my wellbeing. I agree to let my parents know if I want to use my device, so they can check what I’m doing is ok.

3. Holidays

When we go on holidays, I understand that this is a special time to enjoy with my family. Unless my parents say otherwise, I agree to leave my devices in our hotel or apartment and won’t take them on activities, unless my parents say its ok.

4. Attitude

While I may not agree with my parents’ decisions all the time, I understand that they have my best interests at heart and because they are a bit old :), this often means they know things that I don’t. I will do my best to see things from their point of view, remain calm, and respect their opinion. I will also take opportunities to teach them about what I like doing online, so they can learn about my online world, rather than assuming they don’t care or understand.

Signed by:  

_________________________  

(Date)  

(Name)  

Signature:  

_________________________