

# Our Family Contract for Technology Use and Safety



Date: \_\_\_\_\_

To make this tool most effective, build this contract together, so that all voices are heard. Agree to hold high tech-use standards and include strategies for adults and children. Adults are ultimately responsible for the safety of children.

## Points to consider when making ground rules:

- Online safety
- Acceptable amount of time per day/week
- Consider all screens including: phones, tablets, television and computers
- Factor in homework requirements
- Locations of acceptable use (ie- shared living spaces)
- Include rules that apply to all family members (including adults)
- Designate a central charging station where all phones must be docked during certain times. (ie – mealtimes, family time, bedtime)
- Remember that screen use often becomes a process addiction, like gambling. You or your child are not bad because behavior around screens is negative or all-consuming. But addiction is also not an excuse.

## Our family rules for technology use inside the home:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Our consequences for breaking a family rule:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

I recognize technology use as a privilege and a potential harm to my mental health. I promise to abide by our family rules and consequences regarding technology.

## Signatures:

_____	_____
_____	_____
_____	_____