

# THE \_\_\_\_\_ FAMILY \_\_\_\_\_ CONTRACT.

(name)

(type of device)

I, \_\_\_\_\_ (Child), agree to the following rules for using \_\_\_\_\_ (ie. Smartphone, tablet, gaming device, smartwatch). I understand this is a team effort with my parents to keep me safe and responsible. We, \_\_\_\_\_ (parent(s)), agree to the following rules.

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## PURPOSE OF DEVICE

I understand that having this device is a privilege and that I must continue to earn it by following these rules.

### The device is for these purposes:

- Emergencies
- Communication (with parents only)
- Communication (with agreed-upon friends)
- Educational use
- Video Games (communication allowed within game)

- Video Games (communication not allowed within game)
- Internet communication
- Apps for: \_\_\_\_\_
- Other: \_\_\_\_\_

### I agree not to use my device during:

- School
- Practice
- Meals
- Family time or outings
- When someone wants to talk to me

- When someone else doesn't have a device
- In someone else's home with different rules
- When my parent(s) ask me to put it down
- Carpools
- Other: \_\_\_\_\_

The device is not for anything else unless my parents agree. The rules may change as I get older and show responsibility.

## DEVICE USE RULES

### Time Limits:

I can use the device for \_\_\_\_\_ (hours) per day. This may change depending on my behavior.

- I will get a warning when I have \_\_\_\_\_ (minutes) left.
- Different activities I can do other than using my device include: \_\_\_\_\_

### Storage:

When not in use, the device will be stored in \_\_\_\_\_ (area of home) and charged in \_\_\_\_\_ (area of home).

### Bedtime Policy:

- The device must be returned to my parent(s) at \_\_\_\_\_ (time) each night.
- The device can stay next to my bed (if I show responsibility).

### Where the device can be used:

The device may be used in these common areas: \_\_\_\_\_ (e.g., kitchen, living room). It should not be used in private spaces (like my bedroom or bathroom) unless agreed upon.

# ONLINE SAFETY & BEHAVIOR

## Respectful Behavior:

I agree to always be respectful online and avoid bullying or harmful content. \_\_\_\_\_ (initials)

## Social Media:

- I can use social media only with my parents' approval and they will monitor it.
- I can't use social media until my parents decide I'm ready.

## Personal Information:

I will not share personal information (address, phone #, school) online without my parents' permission. \_\_\_\_\_ (initials)

## Reporting:

If I see something online that makes me uncomfortable, I agree to tell a trusted adult, like \_\_\_\_\_.  
Name of trusted adult

# MONITORING AND PRIVACY

## Parental Monitoring:

My parents have the right to check how I'm using my device. They can check:

<input type="checkbox"/> Text messages	<input type="checkbox"/> Browsing history
<input type="checkbox"/> Gaming communication	<input type="checkbox"/> Downloaded content
<input type="checkbox"/> Social media	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Apps	

I understand that parental controls are in place to keep me safe. I also understand that my parents may say "no" when I ask them to download something until they learn more about it.

## Passwords:

- I will share my device's password or PIN with my parents when asked.
- My parents will keep the password, and I'll ask them to unlock it when I need it.

# RESPONSIBILITIES & CONSEQUENCES

## Device Care:

I am responsible for keeping track of my device and taking care of it. This includes making sure it stays in good condition.

## Consequences for Misuse:

If I break any of these rules, my parents can:

- Limit my screen time
- Take the device away temporarily or permanently
- Add other consequences as needed

# COMMUNICATIONS & ADJUSTMENTS

My parents and I agree to talk regularly about how I'm using my device and change the rules if necessary to keep things balanced and safe. We will review and adjust this contract every \_\_\_\_\_ (e.g., monthly, yearly).

By signing this contract, both my parents and I agree to these rules and understand what is expected for responsible device use.

Child's Name: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

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

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