

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.

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:

- | | |
|--|--|
| <input type="checkbox"/> Emergencies | <input type="checkbox"/> Video Games (communication not allowed within game) |
| <input type="checkbox"/> Communication (with parents only) | <input type="checkbox"/> Internet communication |
| <input type="checkbox"/> Communication (with agreed-upon friends) | <input type="checkbox"/> Apps for: _____ |
| <input type="checkbox"/> Educational use | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Video Games (communication allowed within game) | |

I agree not to use my device during:

- | | |
|---|--|
| <input type="checkbox"/> School | <input type="checkbox"/> When someone else doesn't have a device |
| <input type="checkbox"/> Practice | <input type="checkbox"/> In someone else's home with different rules |
| <input type="checkbox"/> Meals | <input type="checkbox"/> When my parent(s) ask me to put it down |
| <input type="checkbox"/> Family time or outings | <input type="checkbox"/> Carpools |
| <input type="checkbox"/> When someone wants to talk to me | <input type="checkbox"/> 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: _____