

FAMILY CONTRACT

FOR SMARTPHONES AND DIGITAL DEVICES

I recognize technology's potential for learning and connection, committing to use smartphones, computers, tablets, gaming systems and other digital devices responsibly.

Through discussion with my parents/guardian/caregiver, I agree to:

GENERAL CONDUCT & SAFETY

- ☐ Follow all household technology rules, both at home and elsewhere.
- ☐ Maintain full transparency about my texts, messages and apps, and not "hide" online activities.
- ☐ Care for and maintain my phone and devices, keeping them charged.
- ☐ Prioritize school, homework, extracurricular activities, and family relationships over device use.

COMMUNICATION WITH PARENTS

- ☐ Follow device time limits and bedtime shut off rules.
- ☐ Keep devices out of my bedroom, especially overnight.

DEVICE USAGE

- ☐ Follow device time limits and bedtime shut off rules.
- ☐ Keep devices out of my bedroom, especially overnight.

PRIVACY AND SECURITY

- ☐ Keep private personally identifying information including, but not limited to my phone number, address, birthday, and name of my school.
- ☐ Share passwords with only my parents/guardians.
- ☐ Only use my real identity online on all accounts and platforms.
- ☐ Share my physical location with parent/guardian permission, and keep location services active only for direct family.
- ☐ Create online accounts/adjust privacy settings with parent/guardian permission.

ONLINE BEHAVIOR & CONTENT

- ☐ Use only parent-approved apps and social media platforms exclusively with people I know in real life and on my parent-approved friend list.
- ☐ Communicate exclusively with people I know in real life and on my parent-approved friend list.
- ☐ Post only content that my parents/guardians would approve of.
- ☐ Disengage in and report unkind online behavior (cyberbullying) to platforms; report inappropriate requests (i.e. nude photos) to authorities.

FAMILY MUTUAL AGREEMENTS

As a family, we agree that implementing safety rules and software tools is for my protection and in my best interest, and agree to the following:

- ☐ Discuss online behavior calmly and respectfully.
- ☐ Honor privacy and trust unless agreements are broken; establish consequences.
- ☐ Share knowledge about all technology platforms being used.
- ☐ Get permission before posting pictures of each other.
- ☐ Establish and follow through with clear consequences for violating our agreement.
- ☐ Maintain regular and open discussions about online safety and technology use.

YOUTH & PARENT/GUARDIAN/CAREGIVER AGREEMENT

Child/Adolescent signature: _____ Date: _____

Parent/Caregiver signature: _____ Date: _____