

# Family Technology Contract



We all love our gadgets and screens - mobiles, i-pads, PC's, gaming devices and TV. Without them, it would be challenging to function in life. However like everything we do need to find a balance and the reality is both children and adults struggle to find the equilibrium. This contract therefore is for both children and parents. Parts of the parent's contract may make your squirm! You've been warned.

I invite you to organise a family meeting and print off copies of this contract and discuss this as a family. Take your time. Don't rush this process and by getting clarity on what your values and rules are, you set up your children for success.

You'll notice I have not specified any time limits for using technology, but what I have done is made it clear that exercise/ fresh air time every day is not optional, and together with agreeing a time for the gadgets to go in the drop zone at bedtime, you'll start to get more clarity on how to make screens work for you as a family.

Put ticks against the rules you like, adapt those that don't work for your family, sign the contracts, put in an obvious place in a common area so it's visible for all to see, and then go off and celebrate with your favourite family meal or snack.



Family Name

This Technology Contract is designed to help us as a family work collaboratively together to ensure we all create good digital habits and behaviours that keep us safe and well.

Children's Name

Parent A

Parent B

Date of Agreement

Review Date

We the \_\_\_\_\_ family believe in the values of kindness, compassion and behaving to other people as we would like them to behave to us.

These values apply in our day-to-day life and also in our use of technology – phone, i-pad, email, websites, etc...

We realise that having a digital device is a privilege and not a right and that we need to use it responsibly.

### Children's Contract

I \_\_\_\_\_ agree to the following

#### 1. Communicate honestly and openly

Always tell my parents immediately if I see or receive anything on the Internet that makes me feel uncomfortable or threatened, including e-mail and what's app messages, web sites, or even anything in the regular mail from internet friends.

I will answer any questions my family ask about my internet use honestly.

#### 2. Take good care of my digital devices

I agree to let my parents know if any digital device is lost, broken or stolen.

I understand the consequences if a digital device is lost, broken or stolen.

I will take care when using public transport and out in public places, to ensure I keep my device in a safe place and not attract too much attention.

### 3. Stay safe

I will not give out any private information such as name, address, birthdate, school, phone numbers, credit card details or photos of myself.

I will speak to my parents before setting up any online account, and ensure the right privacy settings are set.

I will always ask before I install or download any programmes (younger kids).

I will never arrange to meet alone with someone I've met online.

I will never give out my Internet passwords to anyone (even my best friends) other than my parents, or leave my device lying around open for others to access.

I will not do anything online that could hurt or anger other people or that is against the law. This means I will not:

- say something online that I wouldn't say face to face
- spread nasty gossip
- humiliate or ridicule anyone
- share information which has been given to me in confidence
- give out anyone's password
- use technology to seek revenge
- forward inappropriate images

### 4. Stay Balanced

I will be mindful of how much time I spend in front of screens, and I will continue to partake in activities and meet friends IRL - in real life.

Every day I commit to doing exercise or getting outside for at least 1 hour.

If I ever find it hard to self regulate and I find that using technology is making me sad or anxious, I will talk to my parents.

### 5. Mobile phone specifics

I will pay for any charges over the limit of my plan.

I understand that I am responsible for knowing where my phone is, and for keeping it in good condition.

I will be considerate about how I use my phone in public, especially quiet places.

I will follow any rules my school has regarding cell phones.

I will not use my phone while riding a bike, driving, crossing the road or in any other unsafe way.

I understand that having a cell phone is a privilege, and that if I fail to keep to this contract or other family rules, my cell phone may be taken, or some other consequence may be carried out.

To place phones in the drop zone when having meal times together.

At night all gadgets will be placed in the drop zone by \_\_\_\_\_ so the bedroom is a safe haven, where sleep hygiene is the priority.

I agree to letting my parents know if my phone is lost, broken or stolen and am aware of the consequences.

## Parent's Contract

We \_\_\_\_\_ agree to the following

1. To recognize that technology and media is a big part of our children's lives, even if we don't understand or use some of the platforms, this does not mean it's not important to them.
2. To let our children know what our worries are, and will organise a family meeting to discuss concerns, rather than saying an outright NO, before considering the case/ scenario in full.
3. Show interest in our children's online world and find out more about their interests and explore together technology platforms that are age appropriate and good fun!
4. To model how to use digital devices appropriately, how to switch off and not be on our digital devices 24/7.
5. To place phones in the drop zone when having meal times together.

Signed: \_\_\_\_\_ children

Signed: \_\_\_\_\_ parents

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

