

Child & Teen Technology Contract

Technology includes TV, computer, mobile phone, tablets, and video games

(Child) _____ agrees to:

- Enjoy technology only after (_____ am/pm) and for a maximum of _____ hours per day
- Follow our family When-Then Routine:

WHEN (Name) has completed: Place it on the Fridge to See!

- Dressed and room clean
- Family contributions (chores) complete
- Daily reading for 20 minutes
- Exercise or outdoor fun for 30 minutes

THEN, may enjoy screen time as agreed to above.

- Maintain technology-free zones at the family table and in bedrooms
- Share usernames and passwords for social media accounts with parent
- Complete family training sessions on the topics of:

- ✚ Online bullying
- ✚ Safety
- ✚ Inappropriate online content
- ✚ "Sharing" protocol

- Talk to parent if anything or anyone online makes him feel uncomfortable or unsafe.

(Parent agrees not to freak out)

(Child) _____ understands that access to TV, games, and other devices and internet

access is a privilege. If (Child) _____ is not willing to follow the rules of this agreement, the he will lose privileges for one week.

Signature: _____

(Parent) _____ agrees to:

- Provide ongoing training to children for safe, balanced use of technology
- Put devices away and be fully present when talking to or engaging with any of the children
- Maintain a technology-free zone at family meals and at family activities
- Not text while driving — not even at red lights
- Not talk on the phone when kids are in the car (except in emergencies)
- Not post photos of children on social media without permission
- Not freak out when kids make mistakes with technology/social media - but to use it as a learning opportunity

Signature: _____