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| **Family Digital Contract** |

*V. 1.0 (last modified November 12, 2018) | some content pulled from* [*Common Sense Media templates*](https://www.commonsensemedia.org/research/technology-addiction-concern-controversy-and-finding-balance/resources)

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| **Purpose** |

This contract is designed to clarify expectations with device usage in our family to foster healthy and safe habits. By developing healthy and safe habits now, our hope is that you will use devices responsibly and in a healthy way that when you go on to become adults and own your own devices.

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| **Ownership and privilege** |

* I understand that the devices including phones and computers are not mine and belong to my parents (and thus can be taken away at any time)
* I understand that screen time and use of devices is a privilege (not a right)

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| **Priorities** |

* I understand that screen time should be used AFTER homework, home contributions, and self-care are complete so I can learn healthy habits for life (S4)
* If I am struggling with any school subjects, I commit to spending extra time to master that school subject ahead of using screen time

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| **Safety** |

* I will not give out any private information, such as my full name, date of birth, address, or phone number, without my family’s permission (S3)
* I will not create new accounts without my family’s permission (S2)
* I will keep my passwords private and only share them with my family (S2)
* I will tell a trusted adult if anyone online makes me feel uncomfortable, sad, or unsafe (S2)
* I will provide username and passwords to ALL accounts and devices to my parents, and when my password changes, I will ensure my parents have the updated passwords (S2)
* I will not visit websites, YouTube videos or play games with inappropriate content such as porn, violence, hate, etc (S2)
* I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do (S2)
* If I encounter inappropriate behavior by others such as bullying, sexting, etc - I will notify my parents (S2)
* I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation. (S2)
* I will respect my parents’ regular checking of my devices at random to ensure a safe and healthy environment

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| **Using devices in appropriate places and times** |

* I will use devices only in public places, and will not use devices in bedrooms, bathrooms, or other private areas alone without the presence of a parent (S4)
* I will respect my family by treating the dinner table as a device free zone (S4)
* I will respect others by treating the meal table as a device free zone when our family is eating out with others (S4)
* I will not use my devices for entertainment before school starts, and past bedtime hours (S4)
* Chat or text communication should not occur before 7:00 AM in the morning or after 8:00 PM in the evening unless you are communicating with parents or other adult family members. (S4)

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| **Developing healthy and balanced habits** |

* I will respect my family’s decisions for what I’m allowed to watch, play with, or listen to, and when.
* I will continue to enjoy the other activities – and people – in my life.
* I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.
* I will respect my family’s decisions on daily time limits, understanding these are put in place to help me stay balanced and mentally healthy.
* I will not attempt to circumvent time limits and find ways to have more screen time than allowed (integrity) - (S1)

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| **Consequences** |

* I understand that if any of these terms in this contract are violated, the consequences will be the following depending on severity of the violations (S1-S4):
  + S4: 2 Extra chores: wash dishes, put away dishes, scrub toilets, sweep floors
  + S3: Dish duty for a week (put away and clean)
  + S2: 50% reduction of daily time allowances for 1 week (except for school work)
  + S1: No daily time allowances for 1 week (except for school work)
  + 3 strikes rule (multiple violations within a quarter): Return of devices to parents for 1 week

**S4**

Signature

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Date

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