

# FAMILY TECHNOLOGY AGREEMENT

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

NOTE: This agreement is an example. Customize your technology plan for your family.

## (CHILD) \_\_\_\_\_ AGREES TO...

1. Enjoy technology during these times of the day: \_\_\_\_\_
2. Enjoy technology as part of our family When-Then Routines:  
**Example:** WHEN (child) has completed:
  - ☐ Getting dressed & making bed
  - ☐ Family Contributions (chores)
  - ☐ Daily reading for 20 minutes
  - ☐ Exercise or outdoor fun for 30 minutesTHEN, (child) may enjoy screen time as agreed to above
3. Maintain technology-free zones at the family table and in the bedroom — and store technology in the charging station when not in use.
4. Share usernames and passwords for social media accounts with parent.
5. Work with parent to “Take Time for Training” on these topics:
  - ☐ Online Safety
  - ☐ Online bullying
  - ☐ Inappropriate online content
  - ☐ “Sharing” protocol
6. Talk to parent if anything or anyone online makes him/her feel uncomfortable or unsafe. (Parent agrees not to freak out.)

(Child) understands that access to TV, phones, tablets, games, other devices, and internet access is a privilege. If (Child) is not able to follow the rules of this agreement, then they agree to work with parents on an alternate plan or possibly removing technology privileges for a designated time.

Signature: \_\_\_\_\_

## (PARENT) \_\_\_\_\_ AGREES TO...

1. Remain knowledgeable on technology trends and issues — gaming apps, social media platforms, devices, parental controls, etc.
2. “Take Time for Training” on an ongoing basis with kids on the safe, balanced use of technology.
3. Put devices away and be fully present when talking to or engaging with the child(ren).
4. Prioritize MIND, BODY AND SOUL TIME® connection with child(ren) over personal media time.
5. Maintain a technology-free zone at family meals and at family activities.
6. Not text while driving—not even at red lights.
7. Not talk on phone when kids are in the car (except in emergencies).
8. Not post photos of children on social media without permission.
9. Not freak out when kids make mistakes with technology/social media (or with the Technology Agreement), but to use it as a learning opportunity.

Signature: \_\_\_\_\_

