

Family Technology Agreement

for families with children (6-12)



Respect & Kindness

Child: I agree to treat others kindly online and never post or share hurtful words, pictures, or messages.
Parent: I agree to model kindness online, listen calmly to my child, and help them handle unkind or unsafe behavior in healthy ways.



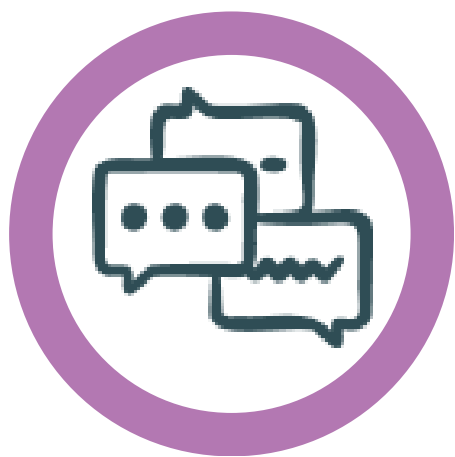
Privacy & Protection

Child: I agree to keep my personal information private and tell my parent if someone I don't know messages me, even in a game.
Parent: I agree to help my child learn what personal information is, check privacy settings together, and explain how online games and chats can be used to trick or exploit kids.



Screen Time & Balance

Child: I agree to follow our family rules for screen time and take breaks to play, rest, and spend time offline.
Parent: I agree to help set fair limits for screen time and show balance by putting my own device away during family moments.



Truth & Trust

Child: I agree to tell my parent right away if I see or experience something online that makes me uncomfortable or confused.
Parent: I agree to stay calm and supportive when my child tells me about a mistake or unsafe situation online.



Responsibility & Digital Footprint

Child: I agree to think before I post or send something, because once it's online, it can be hard to take back.
Parent: I agree to teach my child that their online choices create a digital footprint and that learning from mistakes is part of growing up online.



Additional Agreements for Our Family:

Child: _____

Parent: _____

Family Signatures and Accountability

By signing this agreement, we promise to use technology in ways that are safe, respectful, and balanced. If one of us struggles to follow these agreements, we'll talk about it without blame or shame, listen to each other, and make a plan together to repair trust and strengthen our habits moving forward.

Child(ren): _____

Parent(s)/Adult(s): _____



Family Technology Agreement

for families with teens (13-18)



Respect & Kindness

Teen: I agree to communicate respectfully online and avoid gossip, shaming, or sharing private information about others.

Parent: I agree to talk with my teen about online conflict and model respect and empathy in my own digital use.



Privacy & Protection

Teen: I agree to protect my personal information and be careful with messages or game invites from people I don't know, especially when they offer gifts, game rewards, or in-app purchases.

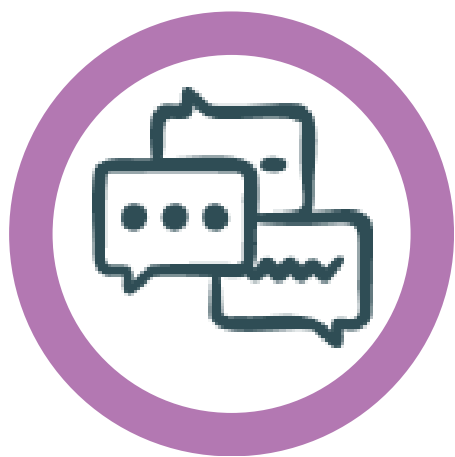
Parent: I agree to talk openly with my teen about online grooming and exploitation risks in games, apps, and private chats, and to review privacy and safety settings together.



Screen Time & Balance

Teen: I agree to notice how social media and gaming affect my mood and sleep and take breaks when I need them.

Parent: I agree to set realistic screen time goals with my teen, model balanced technology use myself, and support healthy routines for connection, school, and rest.



Truth & Trust

Teen: I agree to be honest about the apps and platforms I use and to ask for help when I feel unsafe or pressured online.

Parent: I agree to be honest about our family's tech expectations, respect my teen's growing independence, and keep communication open and judgment-free.



Responsibility & Digital Footprint

Teen: I agree to think about how my posts and messages reflect who I am and to take responsibility if I make a digital mistake.

Parent: I agree to guide my teen in building a positive digital reputation and encourage technology use that helps them learn, create, and contribute positively.



Additional Agreements for Our Family:

Teen: _____

Parent: _____

Family Signatures and Accountability

By signing this agreement, we promise to use technology in ways that are safe, respectful, and balanced. If one of us struggles to follow these agreements, we'll talk about it without blame or shame, listen to each other, and make a plan together to repair trust and strengthen our habits moving forward.

Teen(s): _____

Parent(s)/Adult(s): _____

