

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.



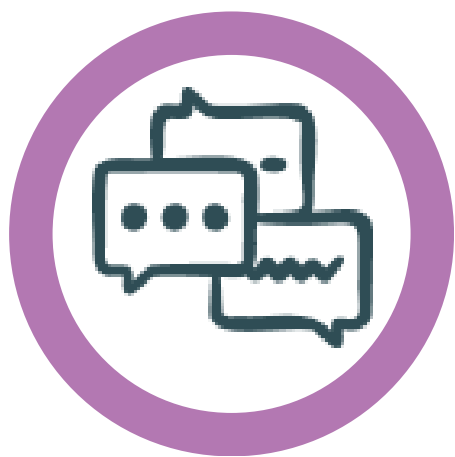
Privacy & Protection

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): _____

