

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.

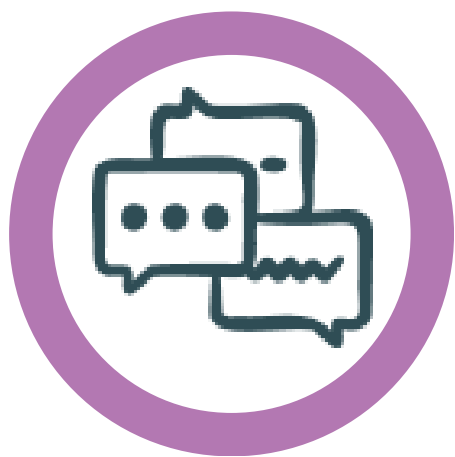
Parent: I agree to talk openly with my teen about online grooming and exploitation risks in games, apps, and private chats, and to review privacy and safety settings together.



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): _____

