

SCREEN TIME CONTRACT

_____’S CONTRACT APPLIES TO THE FOLLOWING:

- Cell phone/texting
- Computer
- Internet use
- Social Media
- Video game systems
- Personal media devices, i.e. mp3 player (iPod)/ e-reader (Kindle)
- Other:

I understand that the use of technology is a privilege, not a right. I understand that my parent(s) has/have a right to regulate my use of technology within the home, regardless of who bought the device. I also understand that if I fail to respect the following rules, I will be subject to consequences, which may include losing access to this technology. With this understanding in place, I agree that:

All technology will be shut off (and turned in to my parent(s), if applicable) by _____ on weeknights, and _____ on weekends.

My parent(s) will have my password(s) in order to access and monitor my activity on all devices I use to ensure my safety. It is my responsibility to keep my parent(s) updated with my current password(s).

I will not use profanity, sexually explicit language, or any other inappropriate language as defined by my parent(s).

I will not send, share or otherwise transmit pictures of myself or anyone else which I would be embarrassed if my parent(s) or other trusted adult were to see them. If someone sends me a photo meeting this description, I will tell my parents immediately with the understanding that I will not get in trouble.

My parent(s) can and will monitor all use of technology within the house, and are able to access my accounts and devices at any time.

If someone is being mean or inappropriate to me or someone else while I am using technology, I will not respond and then I will tell my parents immediately with the understanding that I will not get in trouble.

I will follow the privacy settings determined by my parent(s) and will not communicate with anyone I do not know. If someone contacts me who is not approved or I do not know, I will talk with my parent(s) before communicating with that person.

I will not publicly post any of my personal information. Personal information includes, and is not limited to: my last name, address, phone number, name of my school and/or information about my family members.

I will check with my parent(s) before downloading any software or apps.

I will not lie about my age in order to access apps or websites.

Until I am _____ years old and/or my parent(s) approve it beforehand, I am allowed to play only video games and/or mobile game apps with a rate of : _____E _____E10+ _____T _____M

If my device is broken, damaged or lost, it is my responsibility to replace it.

This agreement is in place for my own well-being and safety.

CHILD’S SIGNATURE

PARENT’S SIGNATURE

DATE

PARENT’S SIGNATURE