

Technology Use Contract

Setting Expectations to Promote Responsibility

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CHILD EXPECTATIONS:

I understand that social media, gaming, and connected devices are a privilege and not a right, and as such my use is subject to the following rules:

_____ will pay for my device(s), Internet, and cell phone plan, unless otherwise agreed upon, but I will pay for any charges above and beyond the usual monthly fees (repairs due to carelessness, if my device is stolen, etc.).

I will respect the privacy of others online and on all devices I access or use. I will not touch any content or file that is not mine.

I will not download anything or install apps, games, or other programs on any of my devices without first asking _____.

I will never give out private information while online. At no time will I ever give out my last name, phone number, address, location, or school name—even if I know the person with whom I am communicating—unless approved.

I will never agree to meet an online friend in person without first asking _____.

I understand that I can use our devices for approved purposes only, and I understand that what I do reflects my character, upbringing, and family name—and affects my reputation and future opportunities.

I will not send hurtful, harassing, or threatening texts or inappropriate photos and videos, or make such posts on social media, gaming networks, or elsewhere online.

I will not intentionally exclude or reject people (in group chats, streaming channels, immersive spaces, or other online environments) just to hurt them, or because they have done something mean to me.

I will not say or send anything to anyone using my device(s) that I wouldn't be completely comfortable with _____ hearing, seeing, or knowing about. This includes profanity and any offensive or sexual language.

I will not take and/or send a picture or video of anyone without that person's permission. I would want them to extend the same courtesy to me, just in case I don't like that picture or video for any reason.

I will not be disruptive in my device use. If _____ or another adult asks me to end a call, stop texting, or pause or finish playing a game, I will.

I will always respond to calls and texts from _____ and not ignore their desire to ask me a question or otherwise check in to ensure my safety. If I miss a text or call from them, I will respond to it as soon as I possibly can.

I will not use my devices for any purpose after _____ am/pm on a school night or after _____ am/pm on a non-school night, unless approved.

I will abide by all the rules my school has put in place regarding students' phones, tablets, and laptops.

I understand that _____ have the right to look through the contents of my device(s) at any time if/when they have a reasonable concern, and will do so in my presence.

If I ever feel uncomfortable about an experience online, I will immediately tell _____. I understand that _____ are willing to help me and will not punish me as long as these rules are followed. I understand they just want me to have a safe, healthy, and awesome experience online.

My online usernames are as follows: _____.

Signed: (child) _____

Date: _____

PARENT/GUARDIAN EXPECTATIONS:

I understand that it is my responsibility to protect my family and to help them receive the best of what social media, gaming, and connected devices have to offer. In that spirit, I agree to the following:

I will pay for their devices and their Internet and cell phone plans, unless otherwise agreed upon.

I will listen calmly. If my child comes to me with a problem related to online experiences, I promise not to get angry but to do my best to help my child resolve the situation.

I will be reasonable. I will set reasonable rules and expectations for time spent online, as well as what and when certain apps, games, and devices can be used. I will establish appropriate consequences for lapses in judgment on the part of my child.

I will not refer to technology as evil, or constantly disparage it (or my child's use of it). I will not allow random, sensationalized media soundbytes about youth and technology affect my objectivity as I work to raise responsible tech-savvy kids. I acknowledge that these technologies can provide a lot of benefits in my child's life, even if I might not fully understand them.

I will treat my child with dignity. I will respect the friendships that my child may make online as I would offline friends.

I will not unnecessarily invade my child's privacy, and I will respect it. I promise not to go further than necessary to ensure my child's safety.

I will not use monitoring apps behind their back. I will let them know what I am doing, and why.

I will be reasonable with consequences for violations of this contract. Consequences will start at loss of device privileges for 12 hours and progress according to the seriousness of the violation.

I will not take drastic measures. No matter what happens, I understand that familiarity and proficiency with tech is likely essential to my child's success in their personal and professional lives, and I promise not to ban it entirely.

I will negotiate with my child as to what it takes to earn screentime each day. If I see that other areas of their lives are not being compromised because of their technology use, I will continue to support their interests and activities online.

I will work together with my child to come to mutually-agreed upon response strategies if they are victimized in any way by a peer. If they are responsible for victimizing someone else in any way, I will investigate, seek to gather all of the facts and understand the context, and then respond with discipline in an appropriate manner.

I will always listen to their perspective and their "side" and validate their voice and concerns instead of dismissing or ignoring them.

I will remember that as my child grows older, they desire more freedoms and opportunities, and are deserving of such as long as they do not violate my trust or dishonor our family in any way.

I will be involved. I will spend time with my child and be a positive part of my child's online activities and relationships—just as I am offline.

I will be their biggest fan and show them that I love and support them unconditionally through this entire process.

I will believe the best about them, unless they give me ample reason to believe otherwise.

Signed: (adult) _____

Date: _____