

Technology Use Agreement

Phone | Computer | Electronic Devices

- I agree to use technology in a responsible way and to follow the rules set by my parents. I will only use it for appropriate activities and will not use it to harm myself or others.
- I understand that my parents will monitor my technology use and keep an eye on any warning signs or concerning behavior. I will always share all my passwords with my parents. They have the right to look through my phone at any time and without my permission. I know this is for my safety as I learn to make wise decisions.
- I agree to limit my screen time and to take breaks regularly, to promote balance, and prevent overuse. This means that I will not spend too much time on technology and will take breaks to engage in other activities such as physical exercise, reading, or spending time with family and friends.
- I will refrain from engaging in video calls with anyone from the privacy of my own room. I will not use tech in my room after ____pm.
- I understand that there will be filters in place to limit my access to the internet. These are for my safety. I will always request permission before I download any apps.
- I agree to be aware of and avoid online dangers, such as cyberbullying, scams, or inappropriate content. This means that I will be careful when using technology, and will not click on suspicious links, share personal information online, or engage with strangers.
- I agree to talk to my parents if I ever feel uncomfortable or unsafe online, or if I need help navigating a tricky situation. This means that if I encounter a problem online, I will talk to my parents and seek their guidance and support.
- I agree to maintain privacy and security online and protect my personal information. This means that I will not share sensitive information such as my full name, address, or phone number online and will be careful about the information I share.
- I agree to be mindful of my online reputation and to think carefully about the content I post online. This means that I will not text or post content that is inappropriate or damaging.
- I agree to use technology in a way that supports my physical and mental health, and to be mindful of the impact that technology has on my wellbeing. This means that I will be aware of the potential negative effects of technology, such as disrupted sleep, eye strain, or social isolation, and will take steps to ease these effects by setting boundaries and practicing self-care.
- I understand that if I break any of these rules set by my parents, there will be consequences, such as loss of technological privileges, until trust has been reestablished.

Signature_____ Date_____