

# TECHNOLOGY

C O N T R A C T

**I WANT TO HAVE FREEDOM** to use Technology. My parents want to trust me to use technology.

In order to earn trust and earn freedom:

## **WE AGREE...**

- that using technology is my privilege and not my right.
- that it is healthy for my family to take breaks from technology and spend time together. So, I will participate in "Technology Breaks" when my parents ask me to without complaining.
- that for my own safety, I will not give out personal information like my phone number, address, the name of my school, or where my parents work without talking to my parents.
- that I will not bully someone or make fun of them using technology, and I will tell my parents if someone uses technology to do this to me.
- that I will let my parents know my passwords, but I won't give out my passwords to anyone other than my parents.
- that if I receive an inappropriate message from someone on my phone, I will show my parents and ask for their help deciding what to do next.
- that I will talk to my parents before I download an app, software, or program that might cost money or hurt my device with a virus.
- that I will work together with my parents to set a healthy schedule for the amount of time I use technology. I will follow that schedule without complaining.
- that I will work with my parents to determine when it is OK to post a picture of myself or family member.



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- that if someone ever tries to communicate with me online that I do not know, I will tell my parents so they can help me.
- that I will not sign up for a username and password on a site without checking with my parents first.
- that if my parents tell me to take down a post I publish online, I will do it right away without complaining.
- that all my devices will be turned off at bedtime.
- that my parents have permission to monitor my online activity.
- that I will not create alternate social media profiles that my parents do not know about.
- that I will not lie about my age to join a website or social media profile.



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## IF I MAKE THESE GREAT CHOICES...

I earn more freedom, and my parents commit to trusting me with technology. I also avoid arguments, lectures, and consequences that aren't fun at all.

## IF I DON'T MAKE THESE GREAT CHOICES...

I will face the consequences of losing the privilege of technology for an agreed upon amount of time.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Technology User Signature \_\_\_\_\_ Date \_\_\_\_\_

