



Family Tech Agreement (for Parent + Child to Sign)

(You can print this — it works best as a conversation starter, not a lecture.)

Our Family's Online Agreement

We agree that technology is a privilege, not a right, and that we'll use it with respect, kindness, and awareness.

1. Safety

- I will only communicate with people I know in real life.
 - I will never share personal information, photos, or videos with strangers.
 - If someone makes me uncomfortable, I will tell a parent or trusted adult.
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2. Privacy & Trust

- My parents may check my phone or online accounts occasionally — they will tell me when and why.
- I will not delete messages or hide activity if I know it breaks our family rules.
- I can ask for privacy, but I understand my parents' job is to keep me safe.

3. Kindness & Respect

- I won't post or share anything that could embarrass or hurt someone.
- I will think before posting: "Would I be okay if my teacher or grandma saw this?"
- I will not participate in bullying, even by staying silent.

4. Balance

- I will take screen breaks and respect family time (no phones at dinner, bedtime, etc.).
- I will prioritize school, sleep, and face-to-face connections.

5. Consequences

If I break the agreement:

- We will talk first about what happened and why.
- We may temporarily lose access to certain apps or devices until trust is rebuilt.

6. Rebuilding Trust

- Mistakes are part of learning.
- If I tell the truth and ask for help, my parents will listen calmly and support me.

Child Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

