

TECH SAFETY CONTRACT BETWEEN MY PARENTS & ME

This agreement between my parents and me applies to the **devices** that I use, which includes a computer, laptop, phone, tablet, gaming system, smart watch, smart speaker, television, streaming device, ereader, and any digital device I own, use, or borrow to look up information and connect with people.

This agreement between my parents and me applies to all **apps and websites** that I use, which include social media, messaging apps, video sharing sites, photo sharing sites, gaming platforms (including multi-player game sites), and streaming sites. Examples of these websites include, but aren't limited to, Snapchat, Instagram, Whatsapp, TikTok, Facebook, Twitter, YouTube, and gaming platforms like Fortnite, Call of Duty, and the latest trending multiplayer gaming sites.

Screen Time: I understand that using any devices, apps, and websites is a privilege. My parents will decide when I am allowed to use devices, apps, and websites. I promise not to ask or fight for more time. I will only do things and visit places they say I can.

Our family does not use our devices (check all that apply):

- ☐ During meals together
- ☐ When we have family gatherings or attend events
- ☐ When friends visit
- ☐ When we have to walk or drive
- ☐ When we have important, one-to-one conversations
- ☐ _____ hour(s) before bedtime
- ☐ Until our chores are complete
- ☐ (Other) _____





Passwords: My parents will have access to all my usernames and passwords for every device, app, and website that I use, and I promise to friend them so they can follow me on any app or website where I have an account. Whenever my parents ask for my device and password to open the device, I will give it to them right away. I will NEVER give out my passwords or any of our family's passwords to anyone, not even my friends or other family members.

Personal Information: I will never tell anyone through any device, app, or website that I am home alone. I won't give out my last name, my home address and phone number, the name of my school and teachers, where my parents work and their phone numbers without my parents' permission. I will never give out my friends' screen names, user names, actual names, email addresses, home addresses, and phone numbers, and I will remind them to keep mine a secret.

Bullying and Suicide: If anyone does anything that bothers or upsets me, I will tell my parents right away. I will never use bad language, say bad things about other people, or send mean messages using any device through any app or website. I will tell my parents if someone does that to me. If I use "secret" or "code" words, I will tell my parents what they mean. If I ever feel like ending my own life or see a friend or someone I know threatening suicide, I will tell my parents right away. If I see something that hurts someone's feelings, I will not share it.

Photos: Whenever I use devices, apps, games, and websites where people share information, photos, and videos about themselves, I will let my parents know if I see something strange or that doesn't seem right. This includes photos that show nudity, violence, or anything illegal. I will never send or post a picture of my family or me unless I ask my parents first. I will not take or share any naked photos or videos of myself or anyone I know.



Meeting People In Real Life: I WILL NEVER, EVER MEET WITH ANYONE I KNOW ONLY THROUGH AN APP, GAME, TEXT, CHAT, OR WEBSITE WITHOUT FIRST GETTING PERMISSION FROM MY PARENTS.



Files and Apps: I will not open any of my parents’ files on their devices without their permission. I will not change settings or install new software or applications (apps) without my parents’ permission. I will not download and hide apps from my parents on any device. I will not listen to, watch, or download music or videos that my parents would not approve or have explicit lyrics.

Hidden Devices or Secret Accounts: I will never buy or otherwise own or use a “burner” phone or device, and I will never keep a device, app, or account secret from my parents. If someone uses a burner phone or fake account to contact me, I will let my parents know right away.

Shopping and In-App Purchases: I will never buy anything online without my parents’ permission, including in-app purchases.

Parental Access: I give my parents permission to look on any of my devices, as soon as they ask. I give my parents complete access to all the messages I have sent and received, the things I downloaded, and what I do on any device, app, or website. If my parents installed programs that track what I do on the computer or limit where I go on any device, I promise not to remove those programs or turn those programs off.

Location Tracking: If my parents install apps on my devices that track my location, I promise not to turn off, delete, or tamper with the settings. My parents have the right to know where I am at all times.

I agree that my devices are privileges that I earn, and if I break this agreement, my parents may decide to take my devices away, and they decide the terms.

Parent

Date

Child

Date