Positive Parenting Solutions

Technology Contract

Technology includes: *TV, computer, mobile phone, tablets and video games*

(Child) _____ agrees to:

- **Enjoy technology only after (_____ am/pm) and for a maximum of _____ hours per day**
- **Follow our family When-Then Routine:**
  WHEN (*Name*) has completed:
  > Dressed and room clean
  > Family contributions (chores) complete
  > Daily reading for 20 minutes
  > Exercise or outdoor fun for 30 minutes

  THEN, he may enjoy screen time as agreed to above.
- **Maintain technology-free zones at the family table and in bedrooms**
- **Share usernames and passwords for social media accounts with parent**
- **Complete family training sessions on the topics of:**
  > Online bullying
  > Safety
  > Inappropriate online content
  > "Sharing" protocol
- **Talk to parent if anything or anyone online makes him feel uncomfortable or unsafe.**
  (Parent agrees not to freak out.)

(Child) _____ understands that access to TV, games, and other devices and internet access is a privilege. If *(Child)* _____ is not willing to follow the rules of this agreement, the he will lose privileges for one week.

Signature: _____

(Parent) _____ agrees to:

- **Provide ongoing training to children for safe, balanced use of technology**
- **Put devices away and be fully present when talking to or engaging with any of the children**
- **Maintain a technology-free zone at family meals and at family activities**
- **Not text while driving — not even at red lights**
- **Not talk on the phone when kids are in the car (except in emergencies)**
- **Not post photos of children on social media without permission**
- **Not freak out when kids make mistakes with technology/social media - but to use it as a learning opportunity**

Signature: _____