

FAMILY SAFE TECH Contract

DATE: _____

1. How much time will we spend on screens each day? _____

2. How can we all make sure to balance our screen time with other fun things?

3. What time will we all stop using devices each day to make sure we get enough rest and family time? _____
4. What zones in our home are screens not allowed? _____

5. How will we remind each other to take breaks when we're using screens for a long time? _____
6. What apps or websites are not allowed for our family? _____

7. What will we do as a family if someone sees something online that makes them uncomfortable or upset? _____
8. How will we protect our privacy and personal information when we are using devices? _____
9. What will we do as a family to get back on track if we notice we're spending too much time on screens? _____
10. How can we check in with each other regularly to make sure we're all happy with our tech use and our goals? _____

FAMILY SIGNATURES:

