

The Family Tech Contract

A gentle, clear, family-centered agreement that teaches responsibility, not fear.

✦ FAMILY TECH CONTRACT

Family Name: _____

Date: _____

1. Our Family's Tech Values

We agree that technology should:

- Support learning
- Strengthen family connection
- Encourage creativity
- Never replace real-life experiences
- Never harm our minds, sleep, or relationships

Signature: _____

2. Daily Screen-Time Guidelines

- Weekday Limit: _____ hours
- Weekend Limit: _____ hours

- Screen-free hours: _____
(Examples: mealtimes, bedtime, morning routine, prayer times)

Signature: _____

3. Approved Activities

Screens may be used for:

- Homework
 - Learning apps
 - Educational videos
 - Family movie night
 - Creative apps (drawing, coding, music)
 - Video calls with family
-

4. Not Allowed Activities

Screens may *not* be used for:

- Secret messaging
 - Violent or sexual content
 - Chatting with strangers
 - Downloading apps without permission
 - Screens in bedrooms at night
 - Watching content we wouldn't watch as a family
-

5. Responsibilities of the Child

I agree to:

- Listen when screen time ends
- Put devices away peacefully
- Protect my privacy

- Ask before downloading apps
- Use screens in open family spaces
- Never hide online activities

Child's Signature: _____

6. Responsibilities of the Parent

I agree to:

- Model healthy screen habits
- Listen to my child's feelings
- Explain rules kindly
- Stay involved in their digital world
- Protect without being controlling

Parent's Signature: _____

7. Consequences for Breaking the Agreement

Kind, consistent, predictable consequences:

- 10-30 minutes reduced screen time
 - Temporary removal of a device
 - Extra chores
 - Parent-child conversation about choices
(Never shouting. Never shaming.)
-

8. Rewards for Healthy Habits

Children earn:

- ☀️ Extra outdoor play
- ☀️ Weekend bonus screen time
- ☀️ Activity of choice
- ☀️ Special treat
- ☀️ Praise & recognition