

## **Family Digital Technology Agreement: Grades 2–5**

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Family name \_\_\_\_\_ Date \_\_\_\_\_

*Our family recognizes that technology is an important part of our lives. We believe that it should be used safely as a tool for organizing, learning, creating, communicating, and fun.*

### **When I can use technology?**

- Technology may be used on weekday mornings when the following is completed:
  - Get dressed and gather belongings
  - Eat breakfast
  - Brush teeth
  - Other \_\_\_\_\_
- Technology may be used after school when the following is completed:
  - After-school activities
  - Homework and chores
  - Playdates
  - Other \_\_\_\_\_
- Technology may be used on weekends at times specified by parents.
- Technology must be turned off by 8:00 P.M. on weekdays and 9:00 P.M. on weekends.

### **Where can I use technology?**

- No technology in the bedroom.
- Games and Internet in the kitchen, basement, or den.
- Online homework must be done in a common area.
- Technology may be used in the car when car trips exceed 30 minutes.

### **What I should do online?**

- I will occasionally show my parents what I am doing or creating online.
- I will keep my passwords private and share them only with my parents.
- I will not share personal information such as my whole name, address, and birthdate.
- I will look for games and sites that help me learn and explore.

*(continued)*

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- I understand that I can't believe everything I read online.
- I will remember that technology is only one part of my life.

**Who do I want to be online?**

- I agree to be kind online and to tell my parents if someone is mean to me.
- I agree to tell my parents about anything that makes me uncomfortable.
- I agree not to take credit for others' work online.
- I agree to be an upstander, not a bystander.

**What if?**

- If I use technology at inappropriate times or inappropriate ways, I will lose all technology for half a day in that given week.
- The second time will result in losing technology for one entire day.
- I agree to tell my parents if my online activities make me feel uncomfortable in any way.

**My parents agree:**

- To allow me to use digital technology if it is done safely and within the family guidelines.
- To help me find new games, sites, and programs to further explore my interests.
- To listen to my concerns before setting limits and guidelines.
- To recognize that everyone makes mistakes. My parents need to be involved in helping me learn from my mistakes.
- Not to criticize or punish me when I go to them in need.
- To acknowledge that safety and comfort are the top priority.
- To give me more freedom and responsibility with continued safe use.

\_\_\_\_\_  
*Child's signature*

\_\_\_\_\_  
*Child #2*

\_\_\_\_\_  
*Child #3*

\_\_\_\_\_  
*Parent #1 signature*

\_\_\_\_\_  
*Parent #2*

\_\_\_\_\_  
*Parent #3*

\_\_\_\_\_  
*Parent #4*

\_\_\_\_\_  
*Date*