

Family Digital Technology Agreement: Grades 6–8

Family name _____ Date _____

Our family recognizes that technology is an integral part of our lives. We believe that it should be used safely as a tool for organization, learning, creativity, communication, self-expression, 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
 - Other _____
- My phone needs to be given to an adult from 5:00 to 7:00 P.M. or when my homework is being done.
- I agree to block pop-ups and not surf the Internet or text during homework.
- Technology may be used on weekends after homework is completed. It should not interfere with extracurricular activities, reading, and friend and family activities.
- Technology must be turned off by _____ (suggested 8:30–9:30) P.M. on weekdays and _____ (suggested 10:00–11:30) P.M. on weekends.

Where I can use technology?

- I will not keep my phone or other technology in my bedroom.
- Games and Internet must be used in common areas.
- I will leave my phone in the kitchen charger at bedtime.
- Technology may be used in the car when car trips exceed 30 minutes.

(continued)

What should I do online?

- My parents will occasionally check my texts and Internet.
- My parents will occasionally ask for a tour of my Internet activity.
- I will not share my passwords with anyone other than my parents.
- I will not share personal information online.
- I will join social networks or online games only with my parents' permission.
- I agree not to visit sexist, racist, or homophobic sites.
- I agree to use technology for education and creativity as much as possible.

Who do I want to be online?

- I agree to the tenets of digital citizenship (see attached bill of rights).
- I agree to be kind online.
- I agree to tell my parents about anything that makes me uncomfortable.
- I agree to use technology to present my true self and as a tool for creative expression.
- I agree not to take credit for anyone else's work.
- I agree not to pretend to be anyone else online or to lie about my age.
- I agree not to cyberbully or sext and to tell my parents about any concerns regarding bullying or sexuality.

What if?

- If I use technology at inappropriate times or in inappropriate ways, I will lose my phone for half a day in that given week.
- The second infraction will result in losing my phone for one entire day.
- My parents will always give me a "free pass" from punishment if I go to them with concerns about bullying, sexting, or privacy.
- 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 ways for technology to enhance my life.
- To listen to my concerns before setting limits and guidelines.

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- To recognize that everyone makes mistakes. My parents need to be involved in helping me to learn from my mistakes.
- Not to criticize or punish me when I come to them in need.
- To acknowledge that safety and comfort are the top priority.
- To advance my independent use with my continued responsible use.
- Throughout high school, my parents will continue to help me monitor my digital footprint.

Child's signature

Child #2

Child #3

Parent #1 signature

Parent #2

Parent #3

Parent #4

Date