

CONNECT & PROTECT

Our Family Tech Agreement



We, the _____ family, know that having a phone or device is a big responsibility.
This agreement helps us use technology in a safe, respectful, and smart way.

Check next to each statement

I agree to...

- ☐ Talk to my parent(s) or guardian(s) if someone is mean to me online or pressures me to do something wrong.
- ☐ Let my parent(s) or guardian(s) know if I see anything online that makes me feel uncomfortable or weird.
- ☐ Hand over my device if my parent(s) or guardian(s) ask for it.
- ☐ Look out for friends and tell an adult if someone is getting picked on online.
- ☐ Only download apps my parent(s) or guardian(s) say are okay.
- ☐ Stick to the screen time limits my parent(s) or guardian(s) set.
- ☐ Be kind and respectful to others online.
- ☐ Answer calls or texts from my parent(s) or guardian(s).
- ☐ _____
- ☐ _____

I promise not to...

- ☐ Text, call, or browse while driving.
- ☐ Use my real name or share where I am online.
- ☐ Look at anything online that's dangerous or illegal.
- ☐ Give out my passwords to anyone except my parent(s) or guardian(s).
- ☐ Be mean, post hurtful stuff, or cyberbully anyone.
- ☐ Share my contact info or address without getting permission from my parent(s) or guardian(s).
- ☐ Post or share pics of me or my family without checking with my parent(s) or guardian(s) first.
- ☐ Go over my daily time limit set by my parent(s) or guardian(s).
- ☐ Hack into accounts or steal info.
- ☐ _____
- ☐ _____

I understand that having a phone, tablet, laptop, or gaming device is a privilege – not a right.
I promise to use it responsibly and follow these rules.

Signed by Me

Signed by my Parent/Guardian

Date