

Using Your Devices for Good

- 1.** Here is your phone/iPad/device/video game system. I am offering this device to you and the service that makes it run in exchange for your being willing to use it according to our agreements.

- 2.** I will need to know the password for safety reasons. I will look at your phone occasionally to make sure you are using it according to our agreements, to make sure you are using it safely, or if I sense you are in danger. I will not comment on any personal content that I come across unless I see that it goes against one of our agreements.

- 3.** Please don't ignore a phone call if the screen reads "Mom" or "Dad" unless you are in a lesson or at school. I will not ignore you either.

- 4.** Plug the phone in every night in the _____ room, promptly at ____ pm. It will be shut off for the night at ____ p.m. and turned on again at ____ a.m. You will say you need it as an alarm clock, and we will get into debates about this. I really care that you get to rest at night and devices make resting hard to do.

- 5.** If it breaks or gets lost, you get to be ____% responsible for the replacement costs or repairs. We/I will not replace it for you but we/I will help give you jobs at home that you can do for \$____/hour if you need to earn money to replace it.

- 6.** If you want to download an app, please show me the app first and teach me the value of it for you. I will let you know if I approve the app for downloading. This includes free apps. Mostly I care to learn about what kind of apps you like and are interested in.

- 7. Bullying:** Do not use this technology to deliberately lie, fool, deceive, or insult another human being. Do not involve yourself in any kind of social media/text conversations that (if somehow forwarded or re-posted) could be hurtful to others. You have my permission to drop out of any online conversation that feels like it could hurt anyone else. It's taken me a lot of mistakes to learn this.

- 8.** Do not text, email, or say anything through this device you would not say in person or want your friends' parents to read. If there is anyone on the planet that you wouldn't want to read

what you are typing/posting, then don't text/post/IM/DM it. P.S. Be aware that your friend's parents read their texts.

9. Do not bring it with you to events with our extended family and family friends. Leave it at home or in the car. We will wrestle with this, because other kids will be allowed to be on their phones during family gatherings and it might make you feel awkward. I feel so proud inside when I see you engage with our family friends. You are such a joy for me and others to get to know.

10. Photos: Do not send or receive pictures of your private parts or anyone else's private parts. Go ahead and laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and far more powerful than you. Once you send something into the cloud, plan for it to live there forever.

11. I will always assume that our conversations are private and are NOT being held on speakerphone. If I am ever on speakerphone, tell me as soon as I say "Hi" that I am on speaker. Never let us be on speakerphone without our knowledge. This is a way we can keep each other feeling safe.

12. We will set up some regular time off each weekend for _____ hours so you can have a break and so our family can remember how to be together in fun ways. Sometimes a bit of time with our family just re-sets me. I am so proud of us.

13. You will get into sticky situations with the device. You will forget how to use it for good. In those cases, we will sit down and talk about what went wrong. I will give you a break from your device for _____ while you remember how to use it for good. Then, we will review this contract together before I give the device back and we will start over again. We will keep starting over as many times as we need to while you learn these crucial rules. Sometimes it will seem like I have the phone more than you do. I am okay with this. You and I, we are always learning. I am on your team. We are in this together.

14. We will review every point in this contract together whenever there is a misstep with the device WHILE you take a 24-hour / 48-hour (*circle one*) break from your device. We will add to and change this contract as needed. When you have completed your technology "break," and

you are ready to actively engage in reviewing it, and we have had a conversation about where our agreements broke down, we will return your device and we will start again. We can start over as many times as we need to for as long as it takes to keep our agreements consistently. We will use this contract as a way to practice keeping agreements with each other. *This will make our relationship strong. There is nothing more important to me.*

15. The dining table (at home or in a restaurant) is a no-phone zone. If another person in your family is eating with you or sitting at the table with you, do not pull your phone out. Do not rest it on the table, check it, or answer it. I so value talking with you and hearing your thoughts, so I get protective of our table as a place where this can happen.

16. On vacations, I will turn off your data so that you can enjoy being in a new place and I can enjoy seeing you discover it. For me, watching you have new experiences is one of the very best parts of knowing you.

17. I will ask you to put away your devices when:

- We have family gatherings or attend family events
- We are driving together
- We are having important one-to-one conversations
- During chore time
- Other: _____

18. I will support you to have other interests outside of school that do not include screen time. If you decide to give up your other interests, we will hold onto the phone while you consider where else/how else you want to engage your other interests. I so admire the hard work you have put into learning _____ and I will protect that for you.

19. Let's agree that apologies are a face-to-face or voice-to-voice thing and are not to be texted. I want to hear your voice when you are sorry and I want you to hear mine too.

20. I will uphold these standards too and you are welcome to help me be accountable for my habits with the phone. I too am new at this and care to become a more conscious user of my devices. There may even be times where you feel dropped by me when I am on my device. I want to learn about this.

21. Meeting People in Real Life: I will never ever meet with anyone I know only through an app, game, text, social media, electronic chat, or website without first getting permission from my parents.

22. Self-Harm & Suicide: If I or a friend feels like ending my/their life, is harming themselves and letting me know about it, or someone I know is threatening suicide, I will tell my parents or a school counselor right away. I will not take it upon myself to help this person directly but I will try to summon help for them.

23. Personal Information: I will never share my address through any device, social media platform, app, or website.

24. Secret Apps & Accounts: Secret apps, secret accounts, and hidden files that hide photos, files, and/or apps are not allowed on any devices that we/you/I own. As your parents, we have the ability to periodically check your devices for this kind of software and we will occasionally make sure that it has not been downloaded by you (by accident or on purpose).

Signatures

Parent / Guardian: _____

Other Caregiver / Witness: _____

Device User: _____

Date: _____