



# Family Technology Agreement

I, \_\_\_\_\_ (student) agree to the following rules regarding my technology use.

## Safety

I will stop talking to anyone who tries to get me to meet them, makes me feel uncomfortable, or asks me to send them inappropriate pictures. I will IMMEDIATELY tell my parent or guardian if this occurs. I will also cooperate with my parent or guardian and law enforcement to identify this person.

I will not share my address, location, or phone number with anyone without first getting permission from my parent or guardian. I will never share passwords, social security numbers, bank account information, or credit card information with anyone.

I will tell my parent or guardian if I make a mistake online. I know that they will help me no matter what. The consequences of not telling an adult are far worse than telling them.

## Time & Usage Limits

My technology use is limited to a maximum of \_\_\_ hours per day.

My devices are not allowed to be stored in my bedroom at night. All devices are off limits from \_\_\_ PM until \_\_\_ AM. At night, my devices will be stored and charged in \_\_\_\_\_.

Other times I am not allowed to use my devices:

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I am not allowed to access or have an account on the following apps:

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## **Cyberbullying**

I understand that cyberbullying can lead to depression, anxiety and other problems for the person being bullied. I will not cyberbully or post, share, like or comment hateful content.

I will not create, use or interact with fake or anonymous social media accounts.

I will report cyberbullying to a trusted adult if I see it happening, even if it's not being done to me.

## **Content**

I understand that inappropriate posts, photos and videos could hurt my reputation and negatively impact my future.

I will not post anything I wouldn't want my grandma to see. This includes social media, photos, videos, emails, text messages, shared documents, and video games.

I will not take or share inappropriate photos of myself or others.

I will verify to the best of my ability that content is true and accurate before liking, sharing, or commenting on it.

I will not hack or break into anyone else's account or use their content without permission.

## **Consequences**

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I understand that having access to technology and devices is a privilege. Breaking the rules outlined in this agreement will result in the consequences listed above.

**Parent / Guardian**

**I, \_\_\_\_\_ (parent or guardian), agree to the following guidelines and to enforce this agreement.**

I will set a good example as it relates to technology use, content and safety.

I will ensure there is open communication about technology in my family.

I will monitor my child’s accounts and/or use software that helps keep my family safe online.

I will stay up-to-date about new apps and trends related to technology.

I will contact law enforcement if my child is sent inappropriate content or threatened online.

We will discuss this agreement as a family at least once per year. We will adjust this agreement as necessary based on age, responsibility and new technology.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**For more information about keeping your family safe online, please visit our website [AlwaysUnstoppable.org](http://AlwaysUnstoppable.org)**