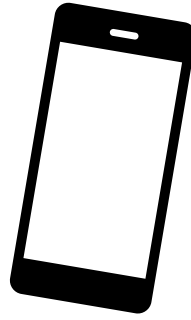


Family Tech Contract



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thisisnotwhatsignedupfor.org



I will:

- Immediately answer/return a call or text from my parents, guardian, or other family member.
- Ask my parents before I download any apps on my phone.
- Ask my parents before sharing any photos online.
- Tell my parents if anything online makes me nervous or afraid.
- Leave my phone _____ to charge at night.
- I agree to respect the boundaries my parents set for my phone usage.
- _____
- _____
- _____

I will not:

- Friend, DM, chat, or communicate with someone I don't know.
- Participate in bullying, trolling, harassing, gossip, spreading rumors or any other hurtful or threatening behavior.
- Text while driving or text a friend when I know they are driving.
- Talk on the phone while driving / without using bluetooth. (Circle 1 or both)
- Share my personal information, phone number, address, location, etc. online.
- Use my phone at school/during class. Emergencies excluded. (Circle 1 or both)
- Look up, watch, download, or share any sexually explicit photos/videos/material.
- _____
- _____

I understand that:

- My phone, computer, tablet, gaming system, and screen time is a privilege, not a right.
- I will lose my phone / screen time privileges for _____ if I fail to follow these rules.
- This is a contract created for my safety and it is based on trust and mutual respect.

Signed/Date:
