

Family Tech Agreement



Parent note: Read this section out loud with your child or teen, then read through the agreement together and check or modify the boxes to customize this agreement to suite your unique needs:

I love you and want you to be a well-rounded, healthy young person who can function in the world and coexist with technology, not be consumed with it. It's my job to guide you on screens and off.

Navigating technology is a road we're on together. I promise I'll be someone safe you can come to when things go wrong, and we'll figure it out together.

I will:

- Leave my devices outside my bedroom to charge at night.
- Immediately answer a call or text from my mom, dad, or other family members.
- Ask you before I download any apps on my phone, tablet, or device.
- Ask permission when sharing my photo or video online (or anyone else's).
- Tell an adult if anything online feels creepy or weird, or makes me feel nervous or afraid.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell you or another trusted adult about it.
- Set my accounts to "private".
- Pay for any game or app purchases I make (after getting your approval).
- Let you know my passwords for devices and apps (and I will not hide or keep secret any passwords for any online social media or games).

- _____
- _____
- _____

I will not:

- Share my age, full name, address, phone number, or other personal information online.
- Share my passwords with friends.
- Share my location publicly or with accounts I don't know personally.
- Be mean, spread rumors, or make fun of people online.
- Make fake profiles or pretend to be someone else on the internet. This includes not creating other profiles that you do not know about.
- Set up accounts on social media until I am ___ years old and have talked with you.
- Add, text, DM, or interact with anyone online who I do not know.
- Use my phone, tablet, or device during school unless there is an emergency.
- Change or update any passwords without talking to you.
- Search for anything inappropriate or let anyone else pressure me to do so.
- Use any chat features that have not been approved by you.
- I will not bully, humiliate, or upset anyone online – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or creating images through AI or by other means that can hurt me or others.
- Share nude images, graphics, or inappropriate and/or sexualized photos of myself, or of others.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation or the reputation of others.

- _____
- _____
- _____



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Family Tech Agreement

Safety Tips

- I can game/text/socialize every day for _____ hours/minutes on weekdays and for _____ hours/minutes on weekends, once _____ (chores/homework) are done.
- All devices are charging in the _____ (living room, kitchen) at bedtime.
- The first and last hour of my day will be tech-free.

Care of Devices

- I will take care of the device I'm using and tell you if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a phone/device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- Even if I purchased or paid for the phone/device, I am still required to abide by this Family Tech Agreement, and such a device may be taken away temporarily or confiscated for a longer period of time if I don't comply.

Acknowledgement

By signing below, I acknowledge that I have read, understood, and agree to follow this Family Tech Agreement.

My Signature

Parent/Guardian Signature

Reflection & Communication

- I will regularly take breaks from my devices and reflect on the time I spend online connecting with others vs consuming content.
- I will prioritize the people in front of me, not my notifications or apps.
- I will talk to you and my family about what media I use and what I do online, and answer any questions you have openly and honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.

I understand that:

- I will regularly take breaks from my devices and reflect on the time I spend online connecting with others vs consuming content.
- I will prioritize the people in front of me, not my notifications or apps.
- I will talk to you and my family about what media I use and what I do online, and answer any questions you have openly and honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.



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What is a Family Tech Agreement?

A Family Tech Agreement is all about raising kids with healthy tech boundaries and enhancing their well-being. It is a written plan that defines how, when, and where devices and technology are used in your home. It isn't about restriction or control, it's about building connection, clear avenues of communication and trust, and keeping kids safe online.

Rather than a strict contract, think of it as an ongoing family conversation. Parents and children alike should be involved in establishing expectations around screen time, online behavior, and device use, making sure that all family voices participate in creating the final Family Tech Agreement.

This process will help prevent online risks such as sexting, sextortion, cyberbullying, exposure to harmful content, and set realistic screen time expectations that both the child and adult can agree upon.

Put Your Agreement in Writing

We've developed this Agreement to support healthy, age-appropriate boundaries. Creating the agreement together helps children feel responsible for their digital choices and builds lifelong online safety habits. As your child grows and technology changes, revisit the agreement regularly to adjust rules, privileges, and expectations as needed.

How to Use this Agreement

Creating a Family Tech Agreement helps set clear, age-appropriate guidelines so technology enhances your child's well-being instead of interfering with it. At Hope Inspire Love, we believe that a structured approach, paired with open communication, empowers children to make safer, healthier choices online.

Why Is a Family Tech Agreement Important?

Research from Common Sense Media shows that children ages 8–18 spend an average of 7.5 hours per day on screens, not including school-related activities. Without clear guidelines, excessive screen use can negatively impact sleep, relationships, and emotional well-being. This Family Tech Agreement is intended to help build digital trust between parents and kids.

Step-by-Step: Creating Your Family Tech Agreement

Start with the Right Mindset: Safety Comes First

We suggest presenting the agreement as a tool for safety and well-being rather than an issue of trust or control. Because children's brains are still developing, mistakes online are a natural part of the learning process. Emphasize that your role is to guide and protect them—not to punish natural curiosity.

Talk Through Key Topics

As a family, use some of these discussion prompts:

When and Where Devices Are Used

Set boundaries such as no phones during meals, family time, or after bedtime. Charge devices overnight in a common area.

Privacy and Passwords

Clarify that sharing passwords is meant to keep kids safe, not to monitor or spy on them.

Apps, Games, and Downloads

Require kids to get permission before downloading new apps or games.

Online Conduct

Encourage the THINK guideline before posting or messaging: Is it True? Helpful? Inspiring? Necessary? Kind?

Digital Citizenship

Make it clear that bullying, fake accounts, and sharing personal information are not acceptable. Encourage children to come to you if something online feels uncomfortable or concerning.



Helpful Tip:

Keep the initial discussion brief (about 20–30 minutes) and choose a relaxed, shared setting like the kitchen. Avoid starting the conversation at bedtime or after a conflict.

Further Considerations

- Try to offer positive reinforcement for sticking with agreements rather than implementing negative consequences for failure to comply (though there may be times when consequences are necessary).
- Talk through the ongoing cost of the device, including monthly fees, who is responsible for paying them, and whether chores or other responsibilities are expected in return. Make sure expectations around data limits are clearly explained and discussed.
- Explain the purpose of any parental controls or monitoring tools—what they do, how they work, and why they are in place.
- Be upfront about the notifications the app may send if settings are tampered with or the app is disabled.
- Let them know they can request exceptions or adjustments, while making it clear that parents make the final decision.
- Be transparent about what information parents can view and access through these tools.

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