

Family Digital Technology Agreement: High School

Family name _____ Date _____

Our family recognizes that technology is an integral part of our lives. We believe that it should be used safely as a tool for organization, learning, creativity, communication, self-expression, and fun.

When can I use technology?

- My phone should be given to an adult or put in another room when I am doing homework.
- I agree to block pop-ups and not surf the Internet or text during homework.
- I may use technology during the weekend. I recognize that I must find a balance between my real-life obligations and my online activities. Technology should not interfere with extracurricular activities, reading, or friend or family activities.
- I will turn off technology by _____ (suggest 9:30–10:30 P.M. on weekdays) and by _____ (suggested 11:30 P.M.–1:00 A.M. on weekends).

Where can I use technology?

- I will not use technology in my bedroom.
- I will use technology in common areas as much as possible.
- I will leave my phone in the kitchen charger at bedtime.
- I will not text while driving.
- I will use a headset if I need to talk on the phone while driving.
- I will use a car GPS and not a smartphone navigation system.

What should I do online?

- My parents will occasionally check my texts and Internet history.
- Occasionally, I will share my online activities with my parents.
- I must share passwords with my parents.
- I will not share passwords with anyone other than my parents.
- I will make my parents aware of all my active social media sites.
- I agree not to visit sexist, racist, or homophobic sites.

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- I agree not to meet online friends in person without my parents' permission.
- I agree to use technology for education, creativity, and self-expression as much as possible.

Who do I want to be online?

- I agree to the Cyber Bill of Rights (see *attached*).
- I agree to be kind online and not cyberbully.
- I agree to tell my parents if my online activities make me feel uncomfortable.
- I agree to use technology to present my true self.
- I agree not to take credit for anyone else's work.
- I agree not to pretend to be anyone else online or to lie about my age.
- I agree not to sext.

What if?

- If I use technology at inappropriate times or in inappropriate ways, I will lose my phone for half a day in that given week.
- The second infraction will result in losing my phone for one entire day.
- If I use poor judgment in managing my digital citizenship or digital footprint, I will lose phone privileges and will be asked to find a consequence that can help me learn from my mistakes.
- My parents will always give me a "free pass" from punishment if I go to them with concerns about bullying, sexting, or privacy.
- I agree to tell my parents if my online activities make me feel worse in any way.

My parents agree:

- To allow me to use digital technology if it is done safely and within the family guidelines.
- To help me find new ways for technology to enhance my life.
- To listen to my concerns before setting limits and guidelines.
- To follow me on my social media sites but not comment unless I give them explicit permission.
- To recognize that everyone makes mistakes. My parents need to be involved in helping me to learn from my mistakes.
- Not to criticize or punish me when I come to them in need.

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- To acknowledge that safety and comfort are the top priority.
- To advance my independent use with my continued responsible use.
- To help me monitor my digital footprint throughout high school.

Teenager's signature

Teen #2

Teen #3

Parent #1 signature

Parent #2

Parent #3

Parent #4

Date