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Agreement for Healthy Device Use

Agreeing on a set of rules around device use can help establish healthy boundaries and help to keep your child safer online.

Here's how you can use this agreement effectively:

Before creating the agreement, have a conversation with your child about why it's important to establish rules around device use. Explain your concerns and ask for their input on what they think is reasonable.

Once you've had a conversation with your child, create the agreement together. The template below is designed for children under the age of 13yrs and designed for you to add more things that are important to you. You can also use it as a guide for 13yrs+ if you choose. Make sure the rules are clear and concise, and that your child understands the consequences for breaking them.

Both you and your child should sign the agreement to show that you are committed to following the rules outlined.

Print out the agreement and display it in a visible location in the house, such as on the fridge. This serves as a reminder to both you and your child of the rules and expectations.

It's important to be consistent in enforcing the rules outlined in the agreement. If your child breaks a rule, make sure to follow through with the consequences.

As your child grows and their device usage changes, it's important to review and update the agreement regularly. Make changes as necessary and continue to have conversations with your child about responsible device use.

By using this agreement effectively, you can help your child develop healthy habits around technology use and help to keep them safer online. Remember to keep the lines of communication open and work together with your child to establish rules and expectations that work for everyone in the family.

I _____ have rules that I agree to when using technology. Devices includes phones, ipads, tablets and gaming consoles.

I understand it is important to talk to my parent/guardian about these rules and understand their meaning. These rules are to help me use devices more safely and have fun when using technology.

Here are the rules:

1. I can only use devices for _____ each day this includes my homework time. I must finish my homework and schoolwork before using devices for entertainment.
2. I should use devices in only the _____ areas of the house, not during meals or in my bedroom.
3. I can only use social media on my device once I am _____yrs old.
4. I cannot share my full name, address, or phone number with anyone and if anyone asks for my personal information I will tell my trusted adults.
5. I cannot download or share anything inappropriate or do anything illegal online.
6. I must use kind words and not bully or be mean to others when using my device.
8. If I break any of these rules, there will be consequences like losing device privileges for some time.

My parent/guardian and I both agree to these rules by signing below.

Parent/Guardian Signature: _____ Date: _____

Child's Signature: _____ Date: _____

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