



Family Tech Agreement

For families with teenagers

The values we most want to protect in our family

In our family we care most about...

1:

2:

3:

What

[name of teen] commits to

I will treat people online with kindness and respect

My commitment to kindness and respect online:

I will be honest about what I am doing online, and ask for help when something feels wrong, unsafe, or out of control.

When something feels wrong online, I will talk to:

I will honor our family's nighttime device agreement.

My devices will be out of my bedroom by:

They will charge overnight in:

One thing I commit to around gaming or social media is:

My commitment:

Teen's Signature:

Date:

What

[name of parent(s)] commits to

I will treat people online with kindness and respect

My commitment to kindness and respect online:

I will be honest about what I am doing online, and ask for help when something feels wrong, unsafe, or out of control.

I will honor our family's nighttime device agreement — including my own devices.

My devices will be out of the bedroom by:

They will charge overnight in:

One thing I commit to around my own screen time is:

My commitment:

Signature:

Date:

Review and reset

Agreements grow with families. Set a date to revisit this agreement together.

What is working well:

What we want to adjust:

Next review date:

Edit this, add sections for each of your family members and make it yours. | Developed by Power of Zero