

Family Media Contract



I _____ Agree To the Following:

Cell Phone Expectations:

I will be allowed to use my cell phone a maximum of _____ hours per day.

I will not use my cell phone at school unless _____.

I will turn my phone into my parents at _____ time every night.

No Phone Zones	Apps I May Not Use	Apps I May Use

- I will not say or do hurtful things on social media. This include messaging, commenting, posting, or liking mean, hurtful, sarcastic, or degrading content.
- If anyone ever harasses me or my friends I will be open and honest with my parents. I promise to trust their judgement and work as a team to stop the harassment.
- I will not post or share personal information such as my full name, birth day, address, school, parents name, phone number or the like.
- I will not share my passwords with friends or strangers.
- I understand that my parents have the right to adjust the privacy settings on my phone, and will monitor all of my activity.
- I will turn off my phone at _____ o'clock every night.
- I will not share inappropriate pictures. This includes pictures of my body (sexting).
- If I am pressure at any time to share items that make me feel uncomfortable I will immediately tell my parents.
- I understand that having a cell phone is privilege. I agree to the following consequences if any of these boundaries are crossed or broken.

1. _____
2. _____
3. _____



Computer Expectations:

I will be allowed to use my computer a maximum of _____ hours per day.

I will use my computer for _____ only.

I will turn my off at _____ time every night.

I understand that computers give me access to many things that may not be appropriate for my age. I will use it safely and avoid clicking any appropriate sites.

Sites I Can Use	Sites I May Not Use

- I will not share my location while on the computer.
 - I will not use the computer in my bedroom.
 - I will not say or do hurtful things on the computer. This include messaging, commenting, posting, or liking mean, hurtful, sarcastic, or degrading content.
 - If anyone ever harasses me or my friends I will be open and honest with my parents. I promise to trust their judgement and work as a team to stop the harassment.
 - I will not post or share personal information such as my full name, birth day, address, school, parents name, phone number or the like.
 - I will not share my passwords with friends or strangers.
 - I understand that my parents have the right to adjust the privacy settings on my phone, and will monitor all of my activity.
 - I will turn off my phone at _____ o'clock every night.
 - I will not share inappropriate pictures. This includes pictures of my body (sexting).
 - If I am pressure at any time to share items that make me feel uncomfortable I will immediately tell my parents.
 - I understand that using the computer is a privilege. I agree to the following consequences if any of these boundaries are crossed or broken.
1. _____
 2. _____
 3. _____



Video Game Expectations:

I will be allowed to play video games a maximum of _____ hours per day/week.

- I may play video games on weeknights _____ minutes.
- I may play video games on the weekend days _____ minutes.

Game Rating Restrictions	Yes I May Play	No I May Not Play
EC (early childhood)		
E (everyone)		
T (teen)		
M (mature)		
AO (adult only)		
RP (rating pending)		

- I will not share my location while playing video games.
- I will not be hurtful or mean while playing video games. This includes messaging, commenting, or posting hurtful content.
- If anyone ever harasses me or my friends I will be open and honest with my parents. I promise to trust their judgement and work as a team to stop the harassment.
- I will not post or share personal information such as my full name, birth day, address, school, parents name, phone number or the like.
- I will not share my passwords with friends or strangers.
- I understand that my parents have the right to adjust the privacy settings on my phone, and will monitor all of my activity.
- I will not play video games past _____ o'clock each day.
- I understand that playing video games is a privilege. I agree to the following consequences if any of these boundaries are crossed or broken.

1. _____
2. _____
3. _____

Child's Signature	Parent Signature	Parent Signature