

# Family Tech Contract

Fill this out together as a family. Be honest, kind, and work together.

**1. When can we use screens (TV, tablets, phones)?**

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**2. Where can we use screens (bedroom, kitchen, etc.)?**

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**3. What kind of apps or games are okay to use?**

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**4. What should we do if something online makes us feel uncomfortable?**

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**5. What are the rules for taking or sharing photos and videos?**

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**6. What are the rules for using devices during meals or bedtime?**

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**7. How long can we use screens each day?**

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**8. Other important rules for our family:**

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**Signatures:**

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Parent or Guardian

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Child