

# Our Family

## Media Contract

- Tablet
- Computer/Laptop
- Phone
- Video Game Console
- Connected Toy
- Digital Assistant

### You Agree To:

- Only watch videos/visit websites that my parents approve.
- Not download anything without permission first.
- Only spend \_\_\_\_\_ minutes on the tablet/phone/computer/game each day.
- I can use the devices between the hours of \_\_\_\_\_ only.
- Tell a parent if I see something that makes me feel uncomfortable.  
\_\_\_\_\_ rooms are off-limits for using any device.
- Ask permission before purchasing anything online.
- All devices should charge overnight in \_\_\_\_\_.
- I promise not to use any devices during breakfast, lunch or dinner.
- I won't let screen time distract me from homework and my favorite hobbies, like \_\_\_\_\_.
- Not share any personal information or photos without approval.

### We Agree To:

- Watch along with my child & interact while they view videos and apps.
- Keep family meals unplugged.
- Be a good digital citizen and teach my kids to do the same.
- Won't text and drive.
- Review privacy settings with the family.
- Keep all device passwords.
- Turn off all screens \_\_\_\_\_ minutes before bedtime.

\_\_\_\_\_  
\_\_\_\_\_  
(Parent/Guardian Signature)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
(Child Signature)