



Technology Contract

Use of devices (phone, tablet, laptop, computer, gaming consoles, VR) is a privilege, not a right.

I _____ agree to the following:

- If the device was purchased by someone else and wasn't gifted to me, I understand that it's on loan to me
- I will look after my device and tell my family if it becomes broken, stolen, or lost
- I will give the device back if requested by my parent/carer



Screen Time

When I have done **all** my chores, my daily screen time limit is:

School days: _____ hours/minutes per day.

Weekends/school holidays: _____ hours/minutes per day.

I will not use my device during screen time time-outs, such as:

Family time

Meal time

Friends visiting

Other _____

All my devices will be switched off by _____ o'clock – (at least 1 hour before bedtime)

I understand that devices are not allowed in bedrooms

As a family, we keep and charge our devices in a communal space, which is our _____



Responsible Online Behaviour

- I will always ask for permission to go online
- I will never remove apps, change or disable settings applied by my parent/carer
- I will not create accounts or make online purchases without the permission of my parent/carer
- I will never click on any pop-ups or ads that offer something for 'free'
- I will not share my passwords with anyone, other than my family
- I will not take pictures of friends without their permission
- I will not befriend someone online without the permission of my parent/carer
- I will never share any personal information online with strangers, such as my full name, date of birth, address, phone number, or photos of myself
- I will stop communication immediately - and tell a trusted adult - if a conversation gets rude, uncomfortable or threatening
- I will not bully, humiliate, or upset anyone online - through games, apps or messaging
- I will be an Upstander* and take action when I see online bullying

When interacting with others online, I am aware that:

- People are not always who they say they are
- People do not always tell the truth
- There is no such thing as privacy
- I will tell my family if I have made a mistake online, or need help



Stay Balanced

I recognise that too much screen time may be unhealthy. I agree to take part in weekly physical and creative activities such as:

Outdoor Sports/Activity

Playing Musical Instrument

Cooking/Baking

Drawing/Journaling

Dance/Exercise

Non-digital Entertainment (ie. Board Game)

Other _____



Family Agreement

- My family agrees to talk to me about my interests and help me find media that is appropriate and fun
- My family agrees to always talk to me about what worries them before saying 'NO'
- My family is always there to help me and support me – no matter what



When Contract is Broken

I understand that if I break this contract, there will be consequences, and devices will be taken away for a period of time, at the discretion of my parent/caregiver.

This contract will be reviewed in _____ weeks _____ months

Signature

Signature - Parent/Carer

Date