

## **Family Digital Covenant**

Because we love each other and want to protect our hearts, minds, and relationships, we agree to these commitments as a family.

### **1. We Will Guard Our Hearts**

- “Above all else, guard your heart, for everything you do flows from it.”  
(Proverbs 4:23)
- We commit to avoiding content that dishonors God or damages our minds.

### **2. Devices Are a Privilege, Not a Right**

- Phones, tablets, and gaming systems are tools we use wisely—not things that control us.
- Parents maintain the right to:
  - view devices at any time
  - know passwords
  - review apps and browsing history

### **3. No Digital Secrets**

- We choose honesty and openness.
- If we encounter something inappropriate online, we will tell a parent without fear or shame.

### **4. Healthy Boundaries**

- Our family agrees to:
  - No devices in bedrooms overnight
  - Screen-free family meals
  - Designated tech-free times during the week

### **5. We Will Use Technology to Build, Not Destroy**

- We commit to using technology for learning, encouragement, and connection—not comparison, bullying, or addiction.

### **6. Our Identity Comes From Christ**

- Social media does not define our worth.
- “So if the Son sets you free, you will be free indeed.” – John 8:36

Parent Signature: \_\_\_\_\_

Child Signature: \_\_\_\_\_

Date: \_\_\_\_\_