

family tech agreement

Technology is a gift — powerful, creative, and capable of connecting us with people and ideas. In our family, we use technology to grow, learn, and love others well. This agreement helps us build trust, responsibility, and healthy habits together.

Personal Responsibility

- I understand that devices (phones, tablets, gaming systems, TVs, computers) belong to my family.
- I will handle them with care and respect.
- I will keep devices clean, charged, and in safe places.
- I will not download apps, games, or content without permission.

Screen Time & Boundaries

- Devices will “rest” at certain times: bedtime, meals, church, and family time.
- Our home will have a central charging station at night — no devices in bedrooms.
- I understand limits on gaming, streaming, and social media help keep me healthy, focused, and balanced.
- Parents may adjust limits as trust grows.

Online Behavior

- I will speak and post with kindness, honesty, and respect — online words matter as much as spoken words.
- I will not say or share anything I wouldn't say face-to-face or show in person.
- I will tell a parent immediately if I see something that feels wrong, mean, or unsafe.

Safety & Privacy

- I will protect personal information (addresses, passwords, photos, etc.).
- I will not share private conversations or post without others' permission.
- I understand my parents may check my accounts, messages, and content — not to invade privacy, but to help me stay safe.

“It's not about a lack of trust — it's an act of love.”

Games & Streaming

- I will play age-appropriate games and watch age-appropriate content.
- If I'm unsure whether a game, video, or streamer is okay, I'll ask first.
- I will pause or turn off games when asked without arguing.
- I will not play or stream anything that promotes violence, cruelty, or disrespect.

Communication

- I will answer calls or messages from my parents promptly.
- If I'm asked to stop using a device, I will respond respectfully.
- Parents will model healthy phone and tech habits, too.

Consequences

If rules are broken, privileges may be paused temporarily. Trust can always be rebuilt through honesty, apology, and responsibility. Every boundary is designed for freedom, not restriction.

Scripture Foundations

Proverbs 4:23 – Above all else, guard your heart, for everything you do flows from it.

James 1:19 – Everyone should be quick to listen, slow to speak and slow to become angry.

Proverbs 22:6 – Start children off on the way they should go, and even when they are old they will not turn from it.

Deuteronomy 6:6-7 – Talk about [God's Word] when you sit at home and when you walk along the road, when you lie down and when you get up.

Signatures

This agreement is a partnership between parent(s) and child(ren) built on love, trust, and responsibility.

Parent(s)

Signature(s)

Date

Child(ren)

Signature(s)

Date
