



## DIGITAL LIFE CONTRACT

This digital wellness contract includes the use of all digital media including but not limited to phones, computers, gaming consoles, and TV. If I am able to show digital responsibility, this contract will be reviewed every six months to re-evaluate privileges and restrictions.

### ETIQUETTE

- ★ There are real people on the other side of the screens and I'll treat them with respect. I will avoid and not be a part of any comments or actions that may harm the feelings of others.
- ★ I will not use my cell phone, computer, or gaming device for personal use during family time, mealtime, or when entertaining visitors.
- ★ I will refrain from having my cell phone, social media, gaming, TV, and any other media consume the quality time spent with friends or family.
- ★ I will not use my cell phone while standing in any sort of line, I will not engage in using my cell phone while walking in public.
- ★ I will not take, post, or share pictures of someone else without their consent.
- ★ I will think twice about what I am texting or posting as the internet is a public place. I will think about the consequences of how others may react and feel before I text or post anything. I will not text or post something when I am angry. I will not text or post anything I would not say in person.
- ★ I will not use other people's devices without their permission and not allow others to use my device. (This includes texting or posting with a device other than your own.)
- ★ I will keep my text and app notifications on silent when around family, friends, or in public.

### SCREEN TIME RULES

- ★ I am allotted \_\_\_\_\_ hours of screen time to be shared between all my electronic devices (TV, computer, gaming consoles, and phone). This time includes time to perform my homework.
- ★ \_\_\_\_\_ minutes of additional screen time can be earned following participation in family time, extracurricular activities, performing chores, and being a kind and helpful member of the family.
- ★ I will complete all homework assignments as a priority over social screen time.
- ★ I will not ask for additional screen time once I have reached my maximum allowable time unless I can demonstrate that I have performed other productive activities.
- ★ Homework, chores, or other home expectations need to be prioritized over ANY social/recreational screen time use.
- ★ I will allow downtime limits to be set on my phone, computer, gaming consoles and TV to balance my activity on a daily basis. I will observe downtime between these times \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
(Suggested downtime hours: in the AM prior to attending school, mealtime, and before bedtime)
- ★ I will plug my cell phone in overnight for charging in an adult's bedroom — not in my own bedroom.
- ★ I will follow my school's rules around cellular use, and not text or call anyone other than a family member in case of an urgent issue during the school day.
- ★ I will turn off notifications within all of my apps and platforms to help me balance my media consumption.
- ★ I will get permission to set up new accounts, profiles, download any new apps, games, podcasts, or watch movies and videos that are not age-appropriate.

## SAFETY

- ★ Safety, privacy, and parental controls will be activated for all cell phone apps, google searches, gaming, and social media platforms with all accounts set to private mode.
- ★ I will keep all of my personal information private including not sharing my full name, address, passwords, phone number, or any details about where I am or what I am doing.
- ★ I will block any friends/followers and avoid answering calls from those that I do not know personally.
- ★ I will only allow location tracking on my parental apps (e.g., Life360) that promote safety.
- ★ I will not make contact with anyone I have met online, without the permission of my caregiver(s).
- ★ I will specifically avoid surfing areas of the web that focus on inappropriate or unsafe sexual depictions such as pornography, sites that promote hate speech and other forms of prejudice, and sites that depict violence and offensive behavior.
- ★ I will inform my caregiver(s) immediately if I receive an explicit text, image, or encounter anything or anyone who makes me feel uncomfortable or unsafe.
- ★ My caregiver(s) will have access to all passcodes set on my devices and I will allow intermittent spot checks on my posts, texts, and browser history. I will keep my passwords private from anyone other than my or caregiver(s).
- ★ I will not take, post, or share inappropriate photos of myself or others with anyone.
- ★ I will not send texts that contain inappropriate images, emojis, or language.
- ★ I will use judgment before clicking any links sent to me, knowing even my friends' accounts could have been hacked.
- ★ I will not accept any friend requests on social media from people I do not know.
- ★ I will not use a device in any way while driving, nor drive with someone who is using a device.

## MY RESPONSIBILITIES

With this freedom comes responsibility and I pledge to:

- ★ Balance my online life with real-time, face-to-face contact with family and friends, and extracurricular activities that stimulate my mental and physical health.
- ★ Take good care of my devices by keeping them protected from damage (using a screen protector and keeping them in safe locations) and charged. I will be responsible for replacing my device if it is lost or damaged.
- ★ If required by my caregiver, I will participate in a monthly payment of \_\_\_\_\_ for the following (circle all that apply): Cell phone - internet usage - AppleCare - other phone accessories
- ★ Monitor my allowable data usage and pay for any additional costs if I exceed my limit.

If I am asked more than 2 times(s) to turn off/put down my electronic device (phone, computer, gaming console, or TV) my media privileges will be removed for a period of \_\_\_\_\_.

Other/repeated violations will be dealt with on a case-by-case basis and may result in consequences ranging from a requisite apology to the removal of the device. I will accept the consequences that are imposed.

I understand that I have agreed to these rules and I will spend more time and energy in following these rules than in efforts to argue, negotiate, or circumvent them.

SIGNATURES OF ALL PARTIES BELOW

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