

In our family, we...

✗ Cross out ones that don't apply

Will always acknowledge if someone speaks to us even if we are watching a brilliant movie and it's the best part

Will say, "Excuse me" If we want to talk to someone who is using a device or watching TV, or if we burp

Won't use any device during meals together

*unless you consider cutlery a device

Look at the person who is talking to us and not at our device

Will let someone know that we want to talk to them and then give them a fair amount of time to finish what they are doing if it cannot be paused

Will have times where no one is allowed to use their device

Will share cool things that we have found online with our family

*including but not limited to memes, photos of fridges and mum's research into the family tree

Believe that online connection can never replace real life connection

I, _____ agree to the following terms and conditions of the technology contract -

✗ Cross out ones that don't apply

I will not give out a credit card number to anyone online

I will always say happy birthday to members of my family on social media

I will not live stream in any private space

I will follow mum's social media profile and like all her posts and occasionally comment, "Thumbs up emoji" to encourage her

I won't watch ahead in a series we are all watching as a family

I will not install any downloaded programmes without permission

Family technology contract

<p>I will never change the default browser of the computer to Internet Explorer</p>	<p>I will not give personal information to people I meet online unless I'm entering a competition and I'm certain it's not a scam and the Nigerian prince seems really legit</p>	
<p>I will ask before I download an app</p>	<p>I will ask before creating a social media profile</p>	<p>I will only ever change the volume to multiples of two or five on shared devices</p>
<p>I won't arrange to meet with someone I've met online unless I've discussed it with my parents</p>	<p>I will always find out if my phone number spells something weird https://phonespell.org</p>	<p>I will never take part in bullying or abusing anyone IRL (in real life) or online</p>
<p>I will tell parents about anyone who sends explicit messages or content or wants me to send explicit messages or content</p>		<p>I will always tell a parent about anyone who bullies IRL (in real life) or online</p>
<p>I will not post revealing pictures of myself - baby photos are the exception to this rule</p>	<p>(For younger kids) I will only go on the websites approved by my parents</p>	<p>I know that viewing porn or adult material is not acceptable in our family</p>

The contract above applies both at home and away from home. I realise that breaking this contract will mean penalties (such as losing pocket money or access to technology). This contract can be changed in the future if we want to, but we will keep to these rules until we agree to new ones.

Signed _____

Date _____