



FAMILY AGREEMENT

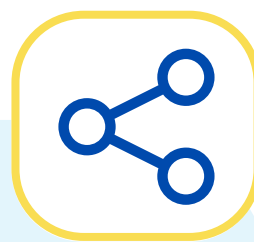
A family agreement works really well when the **whole family** sticks to what is agreed. Discuss these different areas as a family for better balance and digital health. Then sign the agreement and display it prominently in a place where everyone can see it!



We won't use devices at the dinner table.

We won't use devices in the bedroom from an hour before bedtime until morning!

We will limit our time on devices each day to ___ hrs and stick to it!



We will use location settings safely on all devices.

We will only share photos/videos with friends and family from the offline world.

We will turn on appropriate privacy settings on all apps and games.



We will not accept friend or follower requests from people we don't know.

We will take time to research and discuss the content and controls of new apps or games.

We will not share passwords or any other important personal information online.

We will not click on any links or messages from people we don't know or if we are unsure.



We will chat as a family about our online lives.

We will talk openly about anything upsetting we experience online.

We will never post comments online we would not say to someone directly.

We will never post images or videos online of someone we know without consent.

SIGNED: