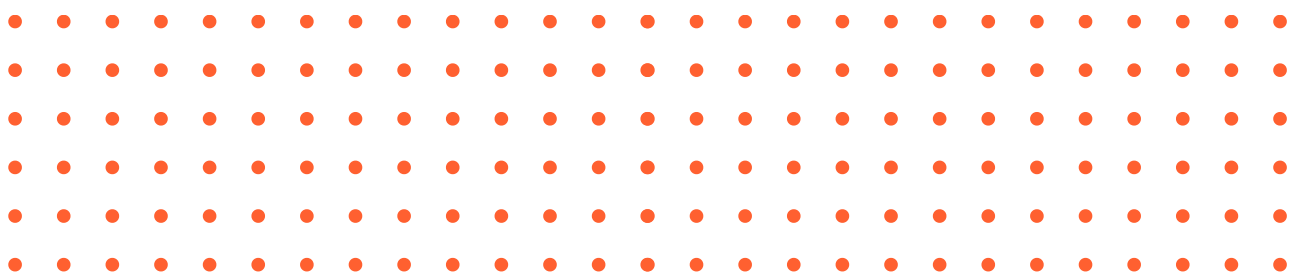


Family Technology & Social Media **Contract**

Created for families to set shared expectations around technology use to foster open communication, healthy boundaries, independence, and safety in a connected world.



Before you begin:

Have each person think about what they want this agreement to achieve. Pick a calm 30-minute window (not evening) in a shared space and frame the discussion around safety. Mistakes will happen, and your teen should know you're there to help, not punish. Use positive "I will" language, let everyone speak without interruption, stay calm, and revisit the agreement every couple of months as things change. Parents/caregivers have final say.

Start here:

[Read aloud] This agreement isn't about control; it's about working together to develop responsible habits while also giving you the room to grow and make good choices. For this to work, we need to be honest with each other, have mutual respect, clear communication, and the freedom to ask questions and raise concerns – anytime, without judgement.

1. Device & Expenses

This device belongs to _____ with monthly costs of _____.
My contribution to these expenses (ex. money, chores, etc.):

2. Approved Devices, Media, Games & Use

*Discuss platforms, games, apps requiring restrictions, content filtering, time limits, etc.
Check out [CommonSenseMedia.org](https://www.commonsensemedia.org) for up-to-date guidance.*

Devices we own/use in our household:

Approved Apps / Games / Platforms:

Not Approved Apps / Games / Platforms:

When downloading new games or apps, I will:

1. _____
2. _____
3. _____

Passwords & apps/platforms shared with parents/caregivers:

Check-in/Supervision notes:

Where & When Devices Are Allowed

	Allowed	Not Allowed
Spaces/Rooms		
Times		

Overnight device location: _____

Device Timetable

Monday-Friday: _____

Saturday: _____

Sunday: _____

Holiday times: _____

Social media time limit: _____

Example: Mon-Fri: Homework 1hr 45m – Social/Creative 1hr (Set times start to finish)

5. Tech Manners

Tech manners I'll follow:

(e.g., no texting in a face-to-face conversation, during meals)

Parent/Caregiver Tech Manners:

(modeling the behavior we wish to see)

3. Commitments

Privacy & Accounts

Youth Initials

Youth:

Only my parent/caregiver and I will know my passwords – I won't share them, even with friends.

Youth Initials

I will maintain privacy settings and safe sharing practices.

Youth Initials

I will be honest about my accounts and device usage, and won't create or use fake/alias accounts (e.g., a Finsta).

Youth Initials

I will not block my parent/caregiver from seeing my posts, use incognito mode, or delete history.

Youth Initials

I will only accept real friends/followers I actually know – not friends of friends.

Youth Initials

I agree to regular, unannounced check-ins on devices, accounts, activity, and friends lists.

Caregiver:

Caregiver Initials

I will learn the basics of games and apps my teen requests to use before allowing them, and will not interact with their platforms or posts without their consent – only monitor.

Digital Citizenship & Anti-Bullying

Youth Initials

Youth:

I understand that anything posted is permanent and part of the online world, and commit to understanding how algorithms are designed to capture attention and collect data, so we can make healthy choices and stay safe online.

Youth Initials

I will THINK before posting, texting, or sharing – Is it True, Helpful, Inspiring, Necessary, Kind? I understand my online activity affects my real reputation, relationships, and future opportunities.

Youth Initials

I will use technology with respect for myself and others. This includes not making or interacting with sexist, racist, homophobic, or sexual content.

Youth Initials

I will not use my devices or social media to bully, tease, threaten, or intimidate others.

Youth Initials

I will take care of my devices to prevent loss or damage.

Caregiver:

Caregiver Initials

I commit to understanding algorithms so we can make healthy choices and stay safe online.

Caregiver Initials

I will not support mean-spirited behavior online or in person, and will model the tech manners and digital habits I wish to see.

Safety & Reporting

Youth Initials

Youth:

I will actively learn the differences between strangers, acquaintances, and true friends online.

Youth Initials

I will report strangers, harassers, or upsetting content, and block if needed. When I am unsure, I will ask a trusted adult.

Youth Initials

I will tell my parent/caregiver about bullying, suspicious contact, harassment, threats, or anyone probing for my personal information (address, school, birthday, etc.).

Youth Initials

I will not share personal information (address, phone number, school) online.

Youth Initials

Caregiver Initials

We agree to stay calm together if something goes wrong. If needed, we will STOP, BLOCK, & REPORT together, and contact law enforcement or other necessary authorities if required.

Caregiver Initials

Caregiver:

I will respond calmly and supportively – not punitively – if a mistake happens, even if I warned about it.

Images & Sexual Content

Youth Initials

Youth:

I understand that sending, receiving, or sharing sexually explicit images of minors is illegal.

Youth Initials

I will not send or ask to receive nude images.

Youth Initials

If someone sends or asks me for nude images, for my personal information, demands that I provide it, or threatens that they already have it, I will tell my parent/caregiver. I won't be in trouble for telling a trusted adult.

Youth Initials

I will ask permission before sharing or taking pictures of others of any kind.

Caregiver Initials

Caregiver:

I will ask permission before sharing or taking pictures of others of any kind.

Caregiver Initials

I will check with my teen before posting, sharing, or commenting on photos of them, especially on their profiles, and will model a calm, non-judgmental response if an issue arises.

Caregiver Initials

I will have open, honest, shame-free conversations about the harms of pornography on young people, consent, and healthy relationships.

Authenticity & Accountability

Youth Initials

I will keep my digital reputation in mind – my online presence reflects my real self and values.

Youth Initials

Caregiver Initials

I understand I may develop unhealthy tech habits sometimes, and I give my family permission to address them so we can discuss and work through it together.

Youth Initials

Caregiver Initials

We commit to keeping this an ongoing, open conversation – free from judgment – and will revisit this contract every few months as things change.

6. Consequences

If agreement isn't kept (avoid total bans; start small, and allow privileges to be earned back):

1. _____
2. _____
3. _____

Contract Agreement

Youth Signature

Parent/Caregiver Signature

Date

Date



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Keep the Conversation Going



Scan the QR code or visit CultureReframed.org to access our **FREE Parent Courses** to help young people navigate today's digital world.