

FAMILY TECH AGREEMENT



With this agreement **you can establish clear expectations and rules** about **digital media together with your family**.

Here are some possible questions to kickstart a conversation about online safety and screen time.

SHOW INTEREST

- What do you enjoy doing online?
- What are your favorite apps, games and websites?

TALK ABOUT THEIR ONLINE KNOWLEDGE

- Do you think it is safe to chat or play games with people you don't know online?

Explain that some people on the Internet don't always have the best intentions and **may pretend to be someone else** so it's better to interact only with people your kid knows personally (friends and family). Point out that your kid can **always talk to you** when a stranger makes them feel uncomfortable.



- How do you think you should talk to other people online?

Practice good Internet etiquette. Be kind, and don't do anything you wouldn't want someone to do to you. Your kid should know to always **ask other people for their permission** before posting anything about them.

- Do you check before posting or sharing anything online?

Explain that online information is very hard to delete - even livestreaming and disappearing content **may still be used**.

- Do you think everything on the Internet is true?

Make your kid aware of **misinformation online** and that they can always double check with you.

- Do you know why it is important to keep your personal information to yourself?

Some people with **bad intentions** may steal their information. Talk about privacy settings, strong passwords and being careful when **strangers ask too many questions** (personal information, video calls or photos, if parents are home, etc.).

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ADDRESS SCREEN TIME

- How do you feel after spending too much time in front of the screen?

Make your kid think about “bad” behavior after too much screen time. If they don’t admit to it, **share your observations** with them. For example, is your kid aggressive or irritable after too much screen time?

Ohana helps us use digital media in a healthy and safe way.



- What could we do to avoid spending too much time in front of the screen?

Lead the conversation to doing more offline activities, establishing rules to limit screen time and **developing a healthy relationship** with screen use.

AND LASTLY,

- What can we all do to keep ourselves safe online?

Let your kid summarize your conversation and **give you some tips**. Make sure to highlight that they can always talk to you if something makes them **feel uncomfortable** or upset.

- How could Ohana help our family?

Explain why it's important to use **technology responsibly** and that Ohana can help your family develop good digital habits.

- Why do you think it's important to have this family agreement?

You could explain that **there are rules** for the “real world” and it's similar for the digital world.

- When or how often should we review our agreement?

Your **kid's needs will change over time** so make sure to revisit the agreement and update it.

- What if one of us breaks the agreement?

Establish a rule for **consequences**.

I, _____, **promise to:**

Take care

- I will look after my device, and tell my parents if it is broken, stolen or lost.
- I understand that having my own device is a responsibility that I will take seriously.
- I will explore the privacy settings of my accounts and set them to the highest level.
- I will not use my phone while driving.
- _____

Be respectful

- I will be kind and respectful to others online.
- I will not be mean, spread rumors, or set up fake accounts.
- I will not share information or photos of someone else without their permission.
- _____

Stick to the rules

- I will follow the screen time limits my parents set for me.
- I will put my phone away or turn it off at an agreed time at night.
- I will let my parents know before creating accounts or making online purchases.
- I understand that breaking this agreement may lead to consequences.

Think first

- I understand that any information I post or share online will be there forever.
- I will not share any personal information, location, or passwords with anyone.
- I know that not everything I see online is true and will be critical of online information.
- I understand that some people may pretend to be someone else online and will be careful about sharing information with strangers.
- I will not send nudes of myself or others to anyone.
- _____

Communicate openly

- I will tell my parents if anyone contacts me online who makes me feel uncomfortable.
- I will talk to my parents if I see something online that I find upsetting.
- I will tell my parents if anyone is mean to me online.
- I will tell my parents if I am being bullied online.
- I will tell my parents if I have done something wrong online.
- _____

Teen Signature

____/____/____
Date

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PARENT PLEDGE

I, _____, agree to:

- recognize my kid's privilege to use technology.
- show an interest in the online activities my kid enjoys the most.
- answer any questions my kid has about the digital world. If I don't know an answer, we can figure it out together.
- respect that my kid has a reasonable right to privacy and autonomy.
- support my kid's online life but talk to them about the risks as well.
- create a plan about devices at school.
- discuss why some apps are not appropriate for my kid's age.
- ask for my kid's permission before posting photos or information about them on social media.
- consider when it is appropriate to text or call my kid.
- put my device down when I am talking to my kid and give them my full attention.
- model good technology habits.
- _____

Parent Signature

____/____/____
Date

TOGETHER AS A FAMILY, WE

- listen to each other and stay calm as we all know that yelling will not get us anywhere.
- talk about the Internet and social media on a regular basis.
- openly talk about (in)appropriate online behavior.
- keep meals screen-free.
- prioritize creative, educational, positive, prosocial apps and content.
- use Ohana to make our new resolutions stick.
- _____

This agreement is active when signed.

You all have the right to make changes to this contract as needed.

Everyone signs here