

Tech Agreement



Tech Agreement:

I agree to use my device safely and respectfully. These are my screen time agreements:

I can use screens at these times of the day:

I like to do these things online:

I can be online for _____ on weekdays and _____ on weekends.

I can use screens for a maximum of _____ at a time.

Screens are not used in the bedroom, bathroom, _____ or at dinner times.

Bedtime is at _____ and screens will be off and charging at charging stations 60mins before bed.

Phones are charged in _____

If I ever feel unsafe or confused by something or someone online I will talk to my safe adults.

Agreed consequences to not following rules are _____

Things to remember:

Have I eaten something nutritious and had a drink of water first?

Have I exercised or moved my body today? Have I spent time outside?

Have I spent time with family or friends in person?

How will I know when I have had enough time online? Can I break and move my body if I am feeling frustrated/angry?

Signed: _____

Date: _____