

# Our family tech agreement

When the whole family agrees about the rules for using technology, everyone can be safer and have a better experience online. Talking with children encourages their critical thinking and helps them develop good habits around technology. Setting boundaries around how much time can be spent online/ gaming, where the device can be used and what to do in an unwanted situation is important.

**Instructions:** Use the template on the next page to write or draw some rules the family agree on and then print and sign the agreement.

Here are some examples of rules your family might create:

If I see something that makes me feel upset or is scary, I will tell an adult

I will ask before I use my device or install a new game

I will put my device away when my time is up

I will use kind words and take turns when I play

I will use my device in the loungeroom or around where an adult is



# Our family tech agreement



These rules help us to remember how to stay safe online and how to use our devices at home.

**Date:**

Names of family members who agree to rule:

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