

General Family Cyber Safety Agreement

Family Name: _____

Date: _____

We understand that technology can be helpful and fun — but too much of a good thing can be harmful. This agreement helps our family use technology safely, responsibly, and in a balanced way.

Our Family Rules:

- Screens are a **privilege**, not a right.
- Parents/caregivers make the final decisions about technology use.
- Devices will be used in **shared family spaces**, not hidden.
- We treat others kindly online and offline.
- We will discuss games before playing them and not download any new games without permission
- We will not talk to *anyone* that we do not know on these devices.
- If something online feels scary, confusing, or uncomfortable, we will talk to a trusted adult right away.
- We understand that these rules will be adjusted over time and that we will regularly discuss the rules, and device use, as a family.
- I will never share any personal information, such as full name, birthday, school, location, etc., with *anyone* over online messaging or calls of any kind.

(add more rules, if needed, in the space above)

Screen-Free Times:

- Devices are put away by _____ : _____ **(time)** each night in a shared charging space (_____).
 - If allowed, on Friday and Saturday, devices are put away by _____ : _____ **(time)** each night in a shared charging space (_____).
- Screen-free times include:
 - ☐ Meals
 - ☐ School
 - ☐ Family time
 - ☐ Bedtime routine
 - ☐ Other: _____

Consequences:

If these rules are not followed, screen time may be reduced or removed temporarily.

Parent/Caregiver Signature: _____ Date: _____

Parent/Caregiver Signature: _____ Date: _____

Child Signature: _____ Date: _____

Child Signature: _____ Date: _____

Child Signature: _____ Date: _____

Child Signature: _____ Date: _____

Child Signature: _____ Date: _____

(if child cannot yet write their name, please print their name on the line)

Notes for parents:

These agreements work best when reviewed regularly and updated as children grow and mature.

The goal is safety, balance, and open communication — not punishment.

- BEFORE your child gets a new device, set up the parental controls and go over the family tech agreement to add or modify the rules, as needed.
- When setting the agreement, the most important part is that it is done **as a family**, with conversations around the rules. Allow the children to ask questions and provide input on the guideline as you introduce them. Some rules can be non-negotiable, while others can change due to different factors.
 - Some non-negotiable rules may include:
 - No devices in bedrooms and all devices, including video games and TVs, must stay in common areas at all times.
 - Parents are allowed to review the devices site and communication history at any time.
 - We do suggest reviewing *with* your child, rather than taking the phone to review alone. This helps develop trust, an understanding of why you are doing it, and encourages conversations around healthy technology use.
 - Likewise, parental controls can be used and/or changed at any time.
 - Non-negotiable controls may include when the devices turn off each night and requiring permission to download or delete any apps/games.
 - No texting while driving.
 - Private information, such as birthday, full name, location, school name, etc. is to *never* be shared with anyone over messages or calls.
 - While negotiable rules may include:
 - When devices are turned off for bed,
 - If/when the phone can be taken to school, church, when out with the family, etc.
 - When non-screen time is enforced (i.e. after school, how long before bed, etc.)
 - Other *free* resources for family agreements:
 - [Bark](#) has a simple contract to help you get started.
 - [Screenagers](#) has a helpful guide on the conversations and questions to think about when setting boundaries for technology use.
 - [The Smart Talk](#) helps families have positive, proactive technology conversations and set healthy digital limits together.
 - The [Contract Collection](#) by Janell Burley Hoffman is another resource that shows how the conversations may go and how contracts evolve over the years, as evidenced by her family's rules over time.