

Device and Media Family Agreement

The Agreement

I am submitting myself to the Lord and to Mom and Dad as we look to maintain healthy habits when using devices and consuming media.

I understand use of a device is a privilege given after showing responsibility, respect and maturity. If my attitude does not reflect those qualities or if responsibilities have not been taken care of, I will lose the privilege of my device.

I understand my obligation to keep this agreement and that by abiding by this agreement, I show I can be trusted to be responsible.

I understand Mom and Dad have my best interest in mind so I may be healthy in my heart, thoughts, words, actions and relationships. Mom and Dad will have my passcode and may check my activity and communications.

I understand the use of devices and media are a privilege and not a fundamental right.

I understand use of devices can be as addicting as using drugs or alcohol and so there is need for great care.

I understand this agreement applies to all devices being used and all media being consumed.

I understand I and/or Mom and Dad are welcome to discuss and reassess this agreement in the future should the need arise.

When and How Long

I understand use of devices and media is of secondary importance to time being spent with others in my presence, whether at home, school, or anywhere else. Learning when and where to use my device will take time and requires discernment.

I understand I must ask permission each time before using my device (including web searches, app store, music, etc). Just because I get a notification does not mean it's an appropriate time to check my device.

I understand my use of devices will have time limits, generally limited to
30 total minutes on weekdays
2 total hours on Saturday and Sunday

I understand my time limits are not absolutely guaranteed.

I understand I may ask permission to have my time limit extended. I understand my request for more time may be denied for reasons I may not be happy with.

Where

I understand I must charge my device outside of my room in the charging station unless during use.

I understand the door to the room must be open when using video chat services.

I understand I may not use my device at school or church during class/service unless permission is given by the teacher.

I understand that school/church use for educational purposes will not apply to my set time limits.

I understand there is a desire to have a device with me at all times but that it is healthier – for me and for my relationships – not to have it with me all the time.

I understand having one or both earphones in around others makes it seem like I do not want to interact and could hurt their feelings.

What

I understand there is dangerous content available through devices, the internet and other communications.

I understand I may not be the best judge of what content may be detrimental to my health.

I understand others (friends, people or companies) may try to get me to use content that is unacceptable and harmful.

I understand I may never use my device to bully or intimidate others, whether my identity is known or anonymous.

I understand if someone is bullying or intimidating me that it is best to not respond but to let Mom and Dad know right away.

I understand content with profanity, nudity, violence, etc. is not healthy for me and I will not consume such media.

X _____

X _____

X _____