



Family Digital Guidelines Agreement

To create a balanced, safe, and respectful digital environment for our family, ensuring that technology enhances our lives without becoming overwhelming or harmful.

1. Screen Time Balance

- **Weekdays:** Maximum of ___ hours per day for entertainment (movies, games, social media, etc.).
 - **Weekends:** Maximum of ___ hours per day for entertainment.
 - **Screen-Free Zones:** No devices at the dinner table, during family activities, or in bedrooms at night.
 - **Screen-Free Time:** Daily screen-free time from ___ to ___ to focus on family, hobbies, or outdoor activities.
-

2. Online Safety

- **Privacy Settings:** We will keep our profiles private and avoid sharing personal information like home addresses, phone numbers, or school details.
 - **Password Security:** Use strong, unique passwords and share them only with parents (for younger children) and enable multi-factor authentication where possible.
 - **Stranger Interaction:** Never accept friend requests or messages from strangers online.
-

3. Respectful Online Behavior

- **Be Kind:** Treat others online with respect and kindness, just as we would in real life.
 - **No Cyberbullying:** We will not participate in or tolerate bullying, gossip, or harmful behavior online.
 - **Think Before Posting:** Before sharing photos, videos, or posts, we will consider if it's appropriate, safe, and respectful to others.
-

4. Parental Involvement

- **Check-Ins:** Parents will periodically review the apps, games, and websites we use, and we will have open discussions about our online activities.
- **Monitoring:** Younger children will have parental controls activated, and parents may check devices to ensure safety.
- **Permission for Downloads:** We will always ask for parental permission before downloading new apps or games.

5. Healthy Habits

- **Exercise & Social Time:** Prioritize physical activity, outdoor play, and face-to-face social interactions over screen time.
 - **Sleep:** No screens 1 hour before bedtime to ensure healthy sleep habits.
 - **Education First:** Homework and chores will be completed before engaging in recreational screen time.
-

6. Consequences for Breaking Guidelines

- **First Offense:** Warning and discussion about the behavior.
 - **Second Offense:** Loss of device privileges for ___ hours/days.
 - **Third Offense:** Device restrictions for ___ days, with a family meeting to review the guidelines.
-

Family Signatures

By signing this agreement, we commit to following these guidelines to create a balanced, safe, and respectful digital environment for our family.

Name	Signature	Date

These guidelines are flexible and can evolve as our family grows and technology changes. We will review this agreement every ___ months to ensure it remains effective and relevant.

