

Technology Contract for Kids

1. I will limit screen time to **1 hour per day**, and ask my parents if I want more. I will plan my time smartly to do what I want and need to do within that time.

The Internet is an amazing technology that connects people around the world. It can also be incredibly distracting, with millions of rabbit holes leading to dead ends or worse. When you limit your time on a computer, you encourage yourself to make the most of that time, and to avoid the endless tangents and side roads that may lead you nowhere.

Talk with your parents to setup times for computer use.

2. I understand that I will not use my computer or device in any **screen free zones** which include:

- The dinner table or kitchen counter, during meals
- In my bed

These zones may be updated at any time.

3. I will only use my computer or device during the allowed hours of **9 am to 7 pm**. If I want to use them outside of those hours I will ask my parents for permission.
4. **Spot check!** I understand my parents may ask to see my computer or iPad or other device at any time, and that they may look through any of my communications, email, messages, or documents. I'm okay with that.
5. I will help my parents to understand how I **enjoy** the computer, Internet, and Web, and what I like to do to have fun online.

Your parents want to learn what you like to do online, and if you tell them and show them it will make them more knowledgeable.

Parent signature

Date:

Child signature

Date: