



for growing minds

# Our Family Tech Pact

A digital agreement built together. Sit down as a family, talk through each section, fill it in, and everyone signs.

## PLAN NAME & DATE

This agreement is called:

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Date created:

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Review date:

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## FAMILY MEMBERS

Everyone who is part of this plan.

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## TECH-FREE ZONES

Places in our home where devices are not allowed (e.g. dining room, bedrooms).

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## TECH-FREE TIMES

Times when devices are put away (e.g. during meals, the hour before bed).

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## BEFORE GETTING ONLINE

Feeling bored? Things to try before screen time. Tick the ones we choose.

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|--|--|
| <input type="checkbox"/> Go outside for fresh air    | <input type="checkbox"/> Read a book or magazine     |
| <input type="checkbox"/> Practice your instrument    | <input type="checkbox"/> Care for your pet           |
| <input type="checkbox"/> Put your laundry away       | <input type="checkbox"/> Tidy your room              |
| <input type="checkbox"/> Do your homework            | <input type="checkbox"/> Help with a household chore |
| <input type="checkbox"/> Play a board game or puzzle | <input type="checkbox"/> Draw, paint, or do a craft  |
| <input type="checkbox"/> Write in a journal          | <input type="checkbox"/> Exercise or stretch         |

## FAMILY GOALS

What we hope to achieve (e.g. more family time, better sleep, fewer conflicts).

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## DIGITAL GUIDELINES & RULES

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Tick the guidelines that work for our family.

### Device Use Basics

- Devices are tools, not toys, and should be used with respect and awareness
- Screen time happens after essentials (homework, chores, meals, fresh air, family time)
- No devices at meal tables, in bedrooms overnight, or during conversations

### Approved Websites & Apps

- Allowed: Only agreed sites, apps, and games on our Approved Tech List
- New sites or apps must be discussed and agreed together before use
- Only post or share things we'd be proud for family, teachers, and future employers to see

### Agreed Contacts

- Messaging & calls only with friends, family, and contacts that have been approved
- No strangers or unknown profiles
- Always tell a trusted adult if someone online makes you uncomfortable or asks for personal info

### Privacy & Safety

- Never share personal info (address, school name, passwords, etc.)
- Location sharing stays off unless we've agreed otherwise
- Everyone keeps passwords private but can share them with parents for safety

### Time & Balance

- Daily screen limits are agreed together and reviewed regularly
- Everyone gets device-free time every day, especially before bed

### Respect & Responsibility

- Be kind online and offline
- No posting or sharing anything that could hurt or embarrass someone
- Mistakes happen: talk, don't hide

### Family Promise

- We use technology to support learning, creativity, and connection, not distraction or harm
- We check in regularly to update, reflect, and improve our family's digital habits

## OUR OWN RULES

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Anything else that matters to our family.

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## WE AGREE

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By signing, we each agree to follow this Tech Pact and to talk openly when things go wrong.

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Name & signature

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Date

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Name & signature

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Date

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