

Family Tech Agreement:

For Teenagers aged 13–16

Building Independence and Digital Responsibility

Teenagers are navigating social media, online identity, and peer influence. A Family Tech Agreement helps maintain open communication and clear expectations about safe, respectful, and balanced use.

Why It Matters Now

Teens spend more time online for school, socialising, and entertainment. Setting shared boundaries helps prevent problems before they start, including exposure to harmful content, privacy risks, and online pressure.

What to Discuss Together

- How social media age rules apply for most platforms.
- How online posts and comments affect their digital reputation.
- Managing respectful communication and online conflict.
- Device-free times for rest, family, and study.
- Safe reporting and help-seeking options if something goes wrong.

Privacy and Platform Settings

Review privacy controls together:

- Who can view posts, send messages, or tag them.
- How to block, mute, or report unwanted contact.
- Turn off location sharing unless necessary.
- Revisit settings often as platforms update.

Healthy Tech Use

Help teens build their own sense of balance:

- Encourage sleep, physical activity, and social connection.
- Support time offline and time to recharge.
- Discuss how online spaces affect self-esteem and mood.
- Encourage thoughtful posting and kindness online.

Remember

Teenagers value trust and respect. This agreement is not about control — it's about partnership. Keep checking in, listen without judgement, and stay interested in their digital world. Your guidance, calm approach, and consistency will help them develop safe, confident, and resilient online habits.

Teenager's Pledge

I, _____, agree to:

Be Safe Online

- ☐ I will only use apps, games, and platforms that are age-appropriate.
- ☐ I understand some social media accounts are limited for under 16s.
- ☐ I will only message or accept contact from people I know in real life.
- ☐ I will keep my personal details private — full name, address, phone number, school, and location.
- ☐ I will protect my passwords, usernames, and account details.
- ☐ I will think carefully before sharing information online.
- ☐ I understand what I share online has an impact on my digital reputation.
- ☐ I will check privacy settings and review who can see my content and activity.
- ☐ I will not attempt to get around the Social Media Regulations as they are there to help keep me safe.

Be Respectful Online

- ☐ I will treat others online the way I want to be treated.
- ☐ Before I do anything online, I will think about how it could affect me or others.
- ☐ I will not post or download content that is inappropriate, hateful, or could get me in trouble.
- ☐ I will be an upstander, not a bystander — I will speak out or seek help if I see others being treated badly online.
- ☐ I will not bully, harass, or humiliate others online, nor will I forward or join in harmful behaviour.

Be Responsible Online

- ☐ I will use my device with purpose and avoid using it habitually or just when I feel bored.
- ☐ I understand that many social media platforms require users to be at least 16 years of age.
- ☐ I understand these regulations are about protection, not punishment.
- ☐ I will not attempt to hide or misrepresent my age to access restricted platforms.
- ☐ I will find other age-appropriate ways to stay connected with my friends and family.
- ☐ I will follow our family rules about when and where I can use screens.
- ☐ Phones or tablets stay out of bedrooms at night and during meals or family time.

Ask for Help

- ☐ I will talk to a parent or trusted adult if I see anything that worries, confuses, or upsets me.
- ☐ I will ask for help if I feel pressured to do something online that feels wrong.

Healthy Habits

- ☐ I will seek out and be involved in activities that don't require a screen — like sport, hobbies, or time with family and friends.
- ☐ I will switch off screens one hour before bedtime so I can sleep well.
- ☐ I will finish homework and chores before using devices for fun and entertainment.

Accountability

- ☐ I will look after my device(s) and report if lost or stolen.
- ☐ I will keep my accounts and passwords secure.
- ☐ I understand there are consequences if I break this agreement.
- ☐ As I grow older, I will earn more digital responsibility by showing I can use technology wisely.

Screen Time Limits

My screen time limit for fun or entertainment (not schoolwork) is:

- ☐ **Weekdays:** _____ hours each day
- ☐ **Weekends:** _____ hours each day

If I Make a Mistake (Restorative Steps)

Sometimes I might make a choice online that breaks our pledge. When that happens, my family and I will:

1. Talk About What Happened

We'll stay calm and listen to each other. I'll have a chance to explain what I was thinking or feeling, and my parent or carer will help me understand what went wrong and why it matters.

2. Think About Who Was Affected

Together, we'll talk about how my actions may have affected me, my family, friends, or others online.

3. Make Things Right

We'll decide how I can fix or repair the situation — for example, apologising, deleting or reporting content, or practising safer choices next time.

4. Plan for Next Time

We'll agree on what I can do differently if a similar situation happens again and update our family rules if needed.

5. Pause Screen Time (If Needed)

If I need time to reflect, I may take a short break from devices while we work things out together. When I show that I understand what happened and can use technology responsibly, I can earn back my screen time.

I know that if I'm worried or have made a mistake online, I can always talk to my parents or a trusted adult — and I won't get into trouble just for being honest.

Signature

Teenager: _____ Date: ____ / ____ / ____

Parent/Carer's Pledge

I / We, _____, agree to:

Keep My Child Safe Online

- ☐ I will help my teenager choose apps and platforms that are right for their age.
- ☐ I will keep privacy and safety settings turned on.
- ☐ I will check in regularly about who my teenager interacts with online.

Support Healthy Online Habits

- ☐ I will help my child balance screen time with sleep, school, and other activities.
- ☐ I will respect our family's tech-free rules to the best of my ability.
- ☐ I will model safe and responsible online behaviour.
- ☐ I will help fix problems and report or block unsafe behaviour.

Be Someone They Can Talk To

- ☐ I will trust that my child is capable of making safe, respectful, and responsible decisions.
- ☐ I will have regular check-ins with my child around this agreement.
- ☐ I will use the restorative steps if my child makes a mistake.
- ☐ I will show interest in the online games, apps, and communities my child enjoys.

Guide Online Independence

- ☐ I will check age ratings before allowing my child to download an app or online game.
- ☐ I will help my child understand that what they post and say online becomes part of their digital reputation.
- ☐ I will encourage and model respectful communication online.
- ☐ I will support my child to make safe decisions as they grow.

Signatures

Parent/Carer: _____ Date: ____ / ____ / ____

Parent/Carer: _____ Date: ____ / ____ / ____