



TECHNOLOGY CONTRACT

*Remember that any device (phone, iPad, laptop, computer, Xbox, Playstation etc.,) is only a **loan** to you and access to the internet is a privilege – which can be taken away if you don't live up to this contract.*

I _____ agree to the following;

Access to devices and internet is a privilege not a right.

I understand that having a device is a **loan** and that it belongs to the person who bought it.

I will look after my device and tell my family if it's broken, stolen, or lost.

I will give the device back if requested by my parent/caregiver.

SCREEN TIME

When I have done **all** my chores, my daily screen time limit is:

School days _____ hour/minute per day

Weekends/school holidays _____ hour/minute per day

I will not use my device during screen time blackouts, such as:

Family time Meal time Friends visiting _____(other)

All my devices will be switched off by _____ o'clock – (at least 1 hour before bedtime).

I understand that devices are not allowed in bedrooms.

As a family, we keep and charge our devices in a communal space, which is our _____.

RESPONSIBLE ONLINE BEHAVIOUR

I will always ask for permission to go online.

I will never remove apps, change or disable settings applied by my parent/caregiver.

I will not create accounts or make online purchases without my parent's/carer's permission.
I will never click on any pop-ups or ads that offer something for 'free'.
I will not share my passwords with anyone, other than my family.
I will not take pictures of friends without their permission.
I will not befriend someone online without my parent's permission.
I will never share any personal information online with strangers, such as my full name, date of birth, address, phone number, or photos of myself.
I will stop communication immediately and tell a trusted adult if a conversation gets rude, uncomfortable or threatening.
I will not bully, humiliate, or upset anyone online — through games, apps or messaging.
I will be an Upstander and take action when I see online bullying.

When interacting with others online, I am aware that:

- People are not always who they say they are
- People do not always tell the truth
- There is no such thing as privacy

I will tell my family if I have made a mistake online, or need help.

STAY BALANCED

I recognise that too much screen time may be unhealthy. I agree to take part in weekly physical and creative activities such as:

Playing outside Sport Dance _____(other)

FAMILY AGREEMENT

My family agrees to talk to me about my interests and help me find media that is appropriate and fun.

My family agrees to always talk to me about what worries them before saying 'NO'.

My family is always there to help me and support me – no matter what.

WHEN CONTRACT IS BROKEN

If I break this contract, I understand that there will be consequences and devices will be taken away - parents/carergivers will decide for how long.

This contract will be reviewed in _____weeks/months.

Date ___ / ___ / ___

X _____

Signed by me

X _____

Signed by my parent/caregiver