



SAMPLE TECHNOLOGY CONTRACT

THE _____ FAMILY SCREENTIME CONTRACT

I, _____, understand technology usage is governed by my parents. This device, _____, is available for me to use as long as I follow the rules. My parents have the authority to set rules for use and change them as they see fit.

I agree to not use any of my electronic devices (smartphones, smart watches, tablets, video game consoles, computers) alone in my room at home without my parents' consent. I understand they have the right to check what I am doing on this device at any time.

I will store and charge my electronic devices in a common area of my home agreed upon by my parents. I can earn extra screen time by doing other chores or certain activities (extracurricular activities, reading, exercising, doing chores, homework, etc.) agreed upon with my parents.

I understand that I will lose the privilege to use these electronic devices if I do not follow the rules of this contract.

SIGNATURE: _____ **DATE:** _____