

Family Media Agreement

We, the _____ family, agree to the following guidelines for our online behavior and media use:

1. Screen Time and Balance

- We will limit recreational screen time to ____ hours per day on weekdays and ____ hours per day on weekends.
- We will not use screens during family meals or for at least one hour before bedtime.
- We will balance our screen time with outdoor activities, reading, and face-to-face interactions.

2. Online Safety

- We will never share our full name, address, phone number, or other personal information online without parental permission.
- We will use strong, unique passwords for all our accounts and never share them with anyone outside the family.
- We will not accept friend requests or messages from strangers online.

3. Respectful Behavior

- We will treat others online with kindness and respect, just as we would in person.
- We will not participate in cyberbullying, trolling, or spreading rumors online.
- We will think carefully before posting or sharing anything online, considering how it might affect others.

4. Content Appropriateness

- We will only access age-appropriate content online.
- If we encounter inappropriate content accidentally, we will close it immediately and inform a parent.
- We will not download apps, games, or media without parental approval.

5. Social Media Use

- Children under ____ will not have personal social media accounts.
- Parents will have access to children's social media accounts, including passwords.
- We will review and understand privacy settings on all social media platforms we use.

6. Communication and Transparency

- We will talk openly about our online experiences, both positive and negative.
- We will inform a parent immediately if we feel uncomfortable or threatened by anything we encounter online.
- Parents will respect children's privacy while monitoring their online activity for safety.

7. Online Purchases

- We will not make any online purchases without parental permission and supervision.
- We will keep credit card and payment information secure and never share it online.

8. Academic Integrity

- We will use the internet responsibly for schoolwork, citing sources properly and not plagiarizing.
- We will balance our use of technology for schoolwork with traditional learning methods.

9. Digital Footprint Awareness

- We understand that everything we post online can be permanent and may affect our future.
- We will think carefully about the long-term consequences before posting photos, videos, or comments online.

10. Family Tech-Free Time

- We will designate ___ hours per week as family tech-free time for bonding and offline activities.
- During vacations, we will agree on specific times for device use to ensure quality family time.

11. Consequences

- If these guidelines are not followed, the consequences will be:

- Repeated violations may result in temporary loss of device privileges.

12. Regular Review

- We will review and update this agreement every _____ to ensure it remains relevant and effective.

We, the undersigned, agree to follow these guidelines and review the terms regularly to ensure a safe, respectful, and balanced approach to our online lives.

Name	Signature
_____	_____
_____	_____
_____	_____
_____	_____