

Family Technology Contract

A mutual agreement to protect attention, agency, and presence

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Family Name: _____

Family Members

Everyone who signs follows the same rules.

Parent / Guardian 1: _____

Parent / Guardian 2: _____

Child 1: _____

Child 2: _____

Child 3: _____

Screen Time Limits

These limits apply equally to every family member.

Weekday limit (per person): _____

Weekend limit (per person): _____

Device-Free Zones

Spaces where no devices are allowed.

- _____
- _____
- _____
- _____
- _____

Device-Free Times

Times when all devices get put away.

- _____
- _____
- _____
- _____
- _____

Allowed Intentional Devices

Tools your family chooses to use with intention.

- _____

Parent Commitments

Parents lead by example. These rules apply to you too.

- _____
- _____
- _____
- _____
- _____

When Someone Breaks the Contract

Applied equally — parents and kids.

- _____
- _____
- _____
- _____

When Someone Honors the Contract

Positive reinforcement for following through.

- _____
- _____
- _____
- _____

Timeline

Contract starts: _____

First review date: _____

Signatures

By signing, each person agrees to follow this contract and hold each other accountable with love.

Parent / Guardian 1

Signature

Date

Parent / Guardian 2

Signature

Date

Child 1

Signature

Date

Child 2

Signature

Date

Child 3

Signature

Date