



Family Media Agreement

I understand that safe, healthy living involves balance. My family agrees to recognize the importance of my digital media use to me. My family agrees to consider my needs and discuss rules and their reasons with me before saying “No.”

Time limits

Here is where healthy balance occurs. To be healthy means that human beings make time for face to face socialization, school, work, exercise, and regular sleep habits.

I will take care of myself by agreeing not to use digital devices after _____ in the evening or before _____ in the morning.

I understand that my limits on video gaming are no more than _____ hours on weekdays and _____ hours on weekends.

Additional limits on cell phone use include:

Limits on television and video streaming include:

While my family may have rules I don't like, my family also works to take care of me and provide for all of my basic needs. If I do not follow these rules such as turning off or giving up devices when asked, keeping up with schoolwork, and doing some chores, my devices can be taken away.

I will talk to my parents if I am struggling with digital media use, if it is starting to make me unhappy, if I feel uncomfortable or threatened by online communications, or if I think I have made a mistake.

Cell Phone

My family may pay for me to have a cell phone. If they want to enable apps such as Life360 so they can find me or Bark so they can monitor for unsafe or inappropriate cell phone use, I agree not to disable these.

Computer

During virtual school time I will not make side trips to Youtube or games unless instructed to do so by my teacher. I will finish my schoolwork before using my devices for fun and personal interests. Even when other students in the chat are discussing off-topic videos or games, I will



resist the urge to follow along with their bad habits. I will not disable security measures placed by the school or my parents and I will not figure out passwords they set to make unauthorized administrative changes to my system.

Ipad

The same rules apply to my ipad and any other device such as a kindle or gaming device.

Content

Being curious is normal and healthy. Will your parents allow you to view any pornography or sexually related content? _____. If I have concerns or questions about sex, sexuality, mental health, drugs, alcohol, or thoughts about hurting myself, I understand I can ask my parents questions on these topics without getting in trouble. They will decide how to answer my questions and concerns, and what if any information I may access on these topics via the internet.

It is important that my parents can trust me, and respect my privacy regarding communication over the internet and cell service such as emails, texts, and chat rooms. If I don't follow their rules about technology use, trust can be broken and I may lose my right to privacy as they monitor my history and interactions until I have shown them I am respecting the rules. Once trust is broken, it may take months or more to earn it back.

I know that by clicking unknown links and downloading content, games, or apps from untrusted sites can allow dangerous viruses or spyware that could either destroy my device or accidentally allow bad people access to all devices on our router so they can steal information and money from us. If I am not sure I will ask my parents before clicking unknown links, opening emails from unknown people, or downloading games, apps, or other content. I will not disable security protocols for these purposes without asking my parents first.

Some sites that are known to be off-limits may include those with inappropriate language or disturbing content. Off-limits sites include the following:



Sharing

It's great to connect and share with people, even if it's only online. This can also be dangerous because you can't see the true age, gender, or plans of the people on the other end. They may pretend to be your friend while planning to do something yucky to you or get information from you or your device that would allow them to steal from or abuse you or your parents.

If I am having thoughts about harming myself or someone else, I will tell my parents or a trusted adult. I understand that friends my age and people in chat rooms may not give me good ideas about staying safe and mental health issues, and will share this kind of information with my parents or trusted adult. My friends also may not have the emotional resources to deal with this kind of information, and may be harmed if they are worried about me. I also realize that without professional mental health training, I may not give others safe healthy advice about mental health conditions and thoughts of harming self or others. The best thing I can do to help a friend with these issues is to tell an adult I trust about what I have learned, even if at the moment my friend may not agree.

Information I am not allowed to share without my parents' permission. This may include my first and last name, any pictures of me, my family, school, or home, my address, where I go to school, passwords, financial information such as credit card numbers, phone number, email addresses.

I know my words can have great power. Power to heal, power to help, power to hurt. I will not use my technology to communicate messages to bully, hurt, or put-down others.

If my friends try to show me images, information, videos, or games that I know my parents don't want me to view, I will say no and refuse to participate. I can ask my parents about anything I am not sure about.

Consequences

My technology and internet access are privileges not rights. My parents can suspend these privileges if I don't follow the rules, keep up with school, and help around the house. My parents want me to enjoy my technology and appropriate gaming and digital media use. My parents agree to write down all rules and expectations so I can clearly know what is expected. If my parents take away some of my privileges, they agree to write down what they need to see me doing and for how long so I can get them back.



My parents may also set up a system where the amount of free time I get with devices, video games, and digital content is based on how well I am meeting their expectations.

I have read and understand everything in this document. My parents have responded to any questions or concerns I have about this.

Family member signatures:

Here is the link back to my article and more information including pros and cons of digital media for human development, videos, and video game addiction:

<https://intensivecareforyou.com/digital-diet-for-children-and-teens/>