

ADULT DIGITAL PLEDGE CONTRACT

Because I desire to have healthy use of technology and steward it well.

I pledge the following:

1. I acknowledge that technology is a tool to be used to make my life simpler, more productive and embrace the many benefits.
2. I will be alert for how digital technology can become an idol to me and continue to ask for God's help to keep it in its place.
3. I will enlist an accountability partner to help keep me balanced and pure in my digital use.
4. I will not waste my real life on a virtual life – but seek out ways to daily engage in real life and relationships.
5. I will incorporate face-to-face conversations and connections as much as possible and limit my virtual connections.
6. I will practice being present and in the moment with the people I encounter during my day.
7. I will have tech free times and take a digital fast to detox as needed.
8. I will not use my digital technology as an escape from my feelings and emotions.
9. I will protect my 'Godspace' and daily practice spiritual disciplines that cultivate my relationship with God
10. I will not access inappropriate content through the Internet and will get Covenant Eyes if it becomes a problem.
11. I will model good digital stewardship to my family, friends and co-workers.

I agree to all these pledges: Your Signature:
