**Digital Use Family Agreement**

* I commit to not hide my online activities or the content on my phone from other members of my family.
* I commit to not share personal information, including my cell phone number with anyone online or with anyone without my parents’/guardians’ permission.
* I commit to limit my screen time to \_\_\_\_hours per school day and \_\_\_\_hours on the weekend.
* I commit to be responsible with my password and will not share it with people outside my family. I commit to always sharing it with my parents and understand they will use it to monitor my activity online, especially regarding social media.
* I commit to be respectful and to be responsible in my online activity. I will not insult people, send or post mean messages/comments, send or post sexually inappropriate content, or send or post anything I would not say/do in person or want my parents to know about.
* I commit to not purchase anything online or enter a credit card for any reason without asking my parent first.
* I commit to not copying, pasting, or sending a message to someone else if that message was meant only for me.
* I commit to give credit to others when I cite, quote, or copy their ideas or images from any sources.
* I commit to not fill out any surveys or questionnaires online and I will not give out my specific information about where I live or where I go during the day.
* I commit to download or to use copyrighted materials only when they are legal to do so or when I have sought or received permission to use them.
* I commit that I will tell someone in the family if I experience something online that makes me feel bad or that I feel is inappropriate.
* I commit that the following locations will be digital free zones: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* I commit that when I am at the dinner table with my family, I will put my phone and other digital devices away.
* I commit to spend \_\_\_\_\_\_\_\_ hours a week doing activities with my family.

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Youth Signature Parent Signature Date

Adapted from www.TheDigitalInvasion.com