

# Family Technology Contract

A mutual agreement to protect attention, agency, and presence

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Family Name: \_\_\_\_\_

## Family Members

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*Everyone who signs follows the same rules.*

Parent / Guardian 1: \_\_\_\_\_

Parent / Guardian 2: \_\_\_\_\_

Child 1: \_\_\_\_\_

Child 2: \_\_\_\_\_

Child 3: \_\_\_\_\_

## Screen Time Limits

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*These limits apply equally to every family member.*

Weekday limit (per person): \_\_\_\_\_

Weekend limit (per person): \_\_\_\_\_

## Device-Free Zones

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*Spaces where no devices are allowed.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Device-Free Times

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*Times when all devices get put away.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Allowed Intentional Devices

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*Tools your family chooses to use with intention.*

- \_\_\_\_\_

## Parent Commitments

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

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## When Someone Breaks the Contract

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*Applied equally — parents and kids.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## When Someone Honors the Contract

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*Positive reinforcement for following through.*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Timeline

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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  
Parent / Guardian 2

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature  
Child 1

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature  
Child 2

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature  
Child 3

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date