

SCREEN-TIME AGREEMENT

Please remember that all of the electronic devices that you use are owned by us, and the privilege of their use depends on your compliance with the rules below. Privileges are earned by establishing truthful, trustworthy, and responsible actions.

Non-negotiable rules

- You are a kind person. Being on an electronic device doesn't change that. So, treat others on the Internet the same way you would want to be treated. No cruelty, no bullying.
- You are wonderful just as you are. So, do not re-invent yourself while social-networking. You don't have time to maintain both a real-life and an onscreen personality.
- Do not post any text or picture that you wouldn't show your grandmother.
- Remember that there is no such thing as privacy or the ability to delete something once you push the "send" button. Have you heard of screen shots and forward buttons? Once it's in cyberspace, it's out there forever, incontestable proof of your actions, for all of your peers and future employers to see and pass on.
- Do not live your life on the phone. You do not need to document your entire life in photos. Important conversations should take place face-to-face.
- In case we are not brave enough to bring up subjects such as sex and drugs, we want you to raise them. No porn—it is fantasy that misrepresents and cheapens caring and compassionate relationships. We don't want you to get your information about these important topics from any bozo with the ability to upload to the Internet.
- Seek the advice of an adult if needed. We promise—or at least promise to try—to stay calm and help you.
- We will have ALL of your user names and passwords to ALL of your accounts. We reserve the right to install parental controls and site blockers, and must approve all downloads/purchases BEFORE they are accessed.
- No texting or cell phone use while driving. Turn the phone off. It can wait. People can die.
- Obey all school rules regarding smartphones and other technology.

Privileges to be negotiated (regarding times and places of use)

- Turn off the cell during family meals: yes/no.
- Allowed to use electronic devices before starting homework: yes/no. If yes, for how long? _____ minutes.
- All computers and devices with Internet connections must be used in a central location: yes/no.
- "Multi-tasking" actually makes homework take longer since you have to re-orient yourself after each interruption. To address this issue, you will (check one):
 - Divide your day into time slots to first do all homework, then social media, then email.
 - Take a 10-minute media break for every 50 minutes of work.
 - Take a 1–2-minute break after every 10–15 minutes of work.
 - Other: _____
- During homework time, you will keep your cell phone in a central location: yes/no.
- During homework time, you will turn off all incoming notifications: yes/no.
- During homework time, you can listen to music (using a radio avoids the temptations of using a smartphone): yes/no.

- Maximum screen-time/day doing non-schoolwork:

Specify if different for weekends/vacation days:

- Time that electronics are put away on weekday nights: _____ pm/other

Specify if different for weekends/vacation days:

At bedtime, the cell phone will (check one):

Remain in the bedroom.

Be placed in a central location for the night.

- Media devices allowed out of the house: yes/no. If yes, where?

- If my cell phone breaks or is lost:

- Other:

This agreement is valid until changes are mutually agreed upon.

_____ Date: _____
(Person granted access to technology)

_____ Date: _____
(Person(s) who own the technology)