

# Healthy Technology Guidelines for Family

## Understanding the phone/Computer is a privilege, not a necessity.

- Mom and Dad are ultimately responsible for your phone/iPad. Since it's a privilege, you understand the phone can be taken away if boundaries are broken.

## Just because your friend has it doesn't mean you will.

- Mom and Dad must approve all apps. We can help guide you. You don't always need the latest, greatest, or newest phone.

## Everything is Public

- Colleges and Employers now look at Facebook/Instagram/etc. as a reference. People today can pass along whatever is posted with a screenshot, saving a file, reposting, quoting, etc. Remember, once it's online, it can be online forever.

## NO Secret Passwords or Accounts

- We have access to all your accounts. You will lose the device if you join something without our knowledge and without giving us the password.

## You break it, you buy it.

- Take responsibility for any physical damage to the phone.

## The device will be checked for any inappropriate content.

- Random and frequent phone checks create healthy accountability.
- Porn, explicit music, lying, gossip, cursing, bullying, or anything inappropriate.

## Your presence online represents yourself, your family, work, friends, and your school.

- A good rule of thumb is that anything you do on the phone could be done in the parent's presence. It's important for you to realize that what you say and do online reflects more than just you.

## Time with the computer/phone

- *Non-acceptable times* – during school, after bedtime, at the dinner table, etc. The parent can adjust the daily limit for games/movies/etc., as you build trust by doing your chores, hanging with siblings, and interacting with the family.

## Proper Etiquette

- Know when to silence or turn off the phone – church, school, movies, restaurants, etc. You shouldn't use the phone when interacting with someone in person. Be respectful to others and not rude. Choose appropriate times to listen to music and text. **When Mom and Dad call/text, always answer.**

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- We should be able to reach you at any time.
- Do not use your phone while driving. You are driving a massive weapon and a text/call can wait.

## **Never use technology in a way that is hurtful to others.**

- Never say anything you wouldn't say to someone in person over text or a social network. Never create a fake account to make fun of someone else. Never post photos, videos, or text that could be embarrassing to someone else.
- Cyberbullying is never acceptable.

## **Use technology in a way that encourages others.**

- Technology allows us to connect with others easier and more often. It's important to use technology to have a positive influence on others.

## Phone/Computer Expectations/Guidelines

1. Phones and computers must be left on the bar area.
  - Weekdays (Sun-Thursday) – 10 pm
  - Weekends (Fri – Sat) – 11 pm
2. No computer or phone time until all chores are complete 100%
3. Arguing or disrespecting Mom or Dad results in losing phone/iPad/computer for 1 hour – immediate.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

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

Date \_\_\_\_\_