

DIGITAL DEVICE CONTRACT

LIVE CONNECTED. YET PROTECTED.

1. USAGE

- I agree to having a filtering and blocking software installed on my devices should my parents choose to.
- I will plug my cellphone / tablet in my parent's room by _____ p.m. on school night and by _____ p.m. on weekends.
- I will always have my cellphone turned on when I am out with friends.

2. ETIQUETTE

- I will not use my cellphone / tablet during family mealtimes or family time.
- I will not text or use my cellphone / tablet when I am doing homework or while at school.
- I will not text or talk on my cellphone while I am driving.
- I will not look at my cellphone when I am talking to someone in person.
- If I am asked to stop using my cellphone, I will happily do so.

3. HONOR CODE

- I will not message or talk to someone and then delete it to hide it from my parents.
- I will not open or view pages that are harmful and not permissible such as:

- I will not share personal information such as name, address, phone number, school etc.
- I will not send, forward or respond to mean or threatening messages.
- I will not buy or download anything without my parents permission.
- I will not give my passwords to anyone but my parents. They will have access to all my passwords.
- I will not join social media networks without permission.
- I will tell my parents immediately if something on my phone is inappropriate
- I will give my parents access to my phone whenever.

4. CONSEQUENCES

I understand that I risk the following consequences if I violate any of the above:

5. SIGNATURES

I understand that a cellphone / tablet is a privilege that I must earn by being responsible and trustworthy. I agree to follow this contract at all times.

CHILD NAME: _____

DATE: _____

PARENT NAME: _____

DATE: _____

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AS A PARENT

I, _____, do hereby promise to meet the following expectations with regards to my parental responsibilities.

- I promise to treat my child with respect and compassion. I will not belittle, degrade, or insult my child regardless of his or her actions. I will treat my child the way I would have wanted to be treated when I was his or her age.
- I promise to spend a reasonable amount of quality time with my child each day and to give him or her positive attention when appropriate.
- I promise to set a good example for my child by being the best role-model that I can be.
- I will demonstrate appropriate ways to handle difficult emotions and will behave in a socially responsible manner. I will teach my child to be caring, patient, reliable, and respectful by acting that way myself.
- I will work my hardest to teach my child how he or she SHOULD be acting instead of focusing so much on how he or she SHOULD NOT be acting.
- I will use everyday situations as teaching opportunities for my child. Sometimes it is better for my child to learn from the mistakes of others than from his or her own mistakes.
- I promise to avoid “giving-in” to my child’s crying, tantrums, or threats. Doing so will only increase the likelihood of these behaviors in the future.
- I will do my best to instill firm, fair, consistent, and structured discipline.
- I will encourage my child to practice healthy habits and will involve myself in my child’s education.
- Most of all, I promise to keep my child safe from physical and/or emotional harm. I will provide a safe, secure, and nurturing environment for my child—one that allows him or her to thrive. I will provide adequate food, drink, medical care, and clothing for my child and will make sure that he or she sleeps in a warm and safe bed each night.

If I am able to meet the conditions stated in this contract, then I can feel proud of my parenting accomplishments. I do realize though, that these conditions alone will not make me a quality parent. I will need to work diligently each day to become the quality parent that I strive to be.

PARENT SIGNATURE

CHILD SIGNATURE