

Digital Device Use Agreement

Name of Child: _____

Name(s) of Parent/Guardian: _____

Date: _____

Purpose of This Agreement

This agreement exists to help me use digital devices responsibly, safely, and in a way that supports my growth, learning, character, and relationships. Digital devices are a privilege, not a right, and come with responsibilities.

1. Screen Time & Balance

I agree to follow the screen time limits set by my parents.

I will prioritise homework, family time, rest, and offline activities before using devices.

I understand that excessive screen time is unhealthy, and I will take breaks when asked.

2. Appropriate Use of Devices

I will use my devices mainly for learning, communication with known friends/family, and approved entertainment.

I will not use devices during family meals, study time, or after bedtime unless permitted.

I will respond respectfully when asked to put my device away.

3. Online Safety & Strangers

I will not chat, message, or interact with strangers online.

I will not share personal information (name, school, photos, location, passwords).

If anyone online makes me uncomfortable, asks inappropriate questions, or pressures me,

I will stop the conversation and inform my parents immediately.

4. Apps, AI, Games & Downloads

I will ask for permission before downloading any app, game, software.

I understand that my parents may review, approve, or remove apps at any time.

I will not bypass controls, passwords, or restrictions set by my parents.

5. Content & Media

I will not watch inappropriate, harmful, violent, sexual, or excessive video content.

I understand that some content may look fun but can be damaging to my values and mindset.

I accept that my parents have the right to review any content on my device.

6. Chats, Messages & Distractions

I understand that my parents may observe or review chats and messages, especially if they affect my focus, mood, or behaviour.

I will not allow chats or social media to distract me from schoolwork, sleep, or family relationships.

I will communicate honestly if something online is bothering or distracting me.

7. Kindness, Values & Responsibility

I will be kind, respectful, and responsible in all online interactions.

I will not bully, gossip, mock, or spread harmful content.

I will represent my family values through my words and actions online.

8. When I Face Difficulty or Hostility

If I face cyberbullying, hostility, pressure, or confusion online, I will come to my parents immediately.

I understand I will not get into trouble for asking for help.

I trust my parents are here to protect and guide me.

9. Consequences

I understand that breaking this agreement may result in:

Reduced screen time

Temporary loss of device and/or device privileges

Removal of certain apps or features

I know that technology will enable and I understand consequences are meant to help me grow and be purposeful, not punish me unfairly.

Commitment

I understand this agreement and agree to follow it. I know my parents care about my safety, character, and well-being.

Child's Signature: _____

Parent/Guardian Signature: _____