CONNECTION ZONES

Identify several tech-free zones your family will protect for real-life connection.

☐ Mealtime

☐ Drive Time
(some exceptions may apply, such as limited use during long distance travel, etc.)

☐ Date Time
(for mom and dad)

☐ Family Time

☐ Church
(except to facilitate worship or Bible study)

☐ _____

☐ _____

☐ _____

OUR PLEDGE

We, the _____ family, agree to help one another practice healthy technology habits designated in this contract.
Signatures:

_____

_____

_____

_____

_____

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connected 3D

CONNECTED
FAMILY CONTRACT

Congratulations on joining a movement of families replacing unhealthy technology habits with meaningful connection.

THINK ABOUT IT

Most of us enjoy the many benefits technology can bring even as we sense ourselves forming unhealthy patterns. Some of these habits unfortunately undermine real connection to one another. It is helpful to establish clear boundaries and agree together how we will use our devices. This will help us to connect with each other and protect ourselves and our family from possible dangers.

TALK ABOUT IT

Use this family contract to guide a proactive conversation about appropriate boundaries. Make it an enjoyable experience by serving ice cream sundaes or some other favorite dessert as you walk through the suggested agreement statements included in this guide.

TAKE THE LEAD

Start by explaining that it is your job as a parent to protect and to guide the children toward God-honoring choices in all areas of life, including technology. Talk through the parent section first to show how you plan to model healthy habits rather than just expect them from the kids. Feel free to make changes, edits or add anything that fits the unique dynamics of your family.

So whether you eat or drink or whatever you do,
do it all for the glory of God. (1 Corinthians 10:31)

SUGGESTED FOR PARENTS/ADULTS

Check all that apply and/or add your own ideas.

☐ **KNOW IT:** I will become familiar with any device my child uses in order to guide and protect well.

☐ **SHARE IT:** I will be involved and spend time with my child to be a positive part of his/her online activities and relationships just as I am with offline activities.

☐ **DISCUSS IT:** I will discuss reasonable rules and expectations for device usage and write them down as a reminder.

☐ **TIME IT:** I will monitor how much time and what parts of the day are appropriate for each family member to be on devices, including myself. (Exceptions may apply for time spent for school and work.)

☐ **LIMIT IT:** I will not use technology as a digital babysitter. I will engage in conversation with my child and give my child my full attention as much as possible.

☐ **MODEL IT:** Healthy boundaries will apply to adults as well. I will respect our tech-free zones and adhere to the same rules by limiting my own technology use to model healthy technology habits.

☐ **CHECK IT:** I will frequently check websites, social media and other popular applications to monitor my child's online activity and will visit with them if there is something I am concerned about or that might be inappropriate.

☐ **PROTECT IT:** I will initiate parental controls and activate accountability programs/tools.

☐ **COOL IT:** I will not overreact if my child comes to me with a problem related to an online experience. We will have a calm conversation and work together to resolve issues.

☐ **LEVERAGE IT:** I will find ways our family can use technology for positive ends such as encouraging one another, sharing prayer requests, etc.

☐ **ENFORCE IT:** If anyone in the family breaks this contract we will calmly talk through appropriate consequences.

☐ _____

SUGGESTED FOR KIDS/TEENS

Check all that apply and/or add your own ideas.

☐ **PROTECT IT:** I will not give personal information to anyone online including: name, address, telephone number, age, school, shoe size, etc. If anyone asks, I will check with my parent/guardian immediately.

☐ **SHARE IT:** I will tell my parents my user names and passwords but keep them private from everyone else, even my best friend!

☐ **REQUEST IT:** I will ask permission before setting up any online accounts including email, social media, instant messaging, etc. and before downloading or purchasing any software, apps, music, games, etc.

☐ **SAY IT:** I will tell my parents immediately if I come across anything online that I know is wrong or makes me feel uncomfortable.

☐ **ANSWER IT:** If the phone rings and it is one of my parents, I will answer it, unless I am driving (if applicable). I will not answer, text or use any devices while driving.

☐ **REVEAL IT:** I will tell my parents if I meet someone online. I will not respond to emails, messages or friend requests from someone I do not know unless my parents approve. Nor will I write, call or meet someone in person unless my parents say it is ok and come with me.

☐ **JUDGE IT:** I will not post, send, receive or text images that are inappropriate or offensive. (Good test: Would you send it to your grandparent?)

☐ **WATCH IT:** I will not search for anything crude, illegal or inappropriate, or treat others with disrespect through social media, texting, etc. I will not use technology to be mean or hurt others.

☐ **HONOR IT:** I will respect our family tech-free zones and put my device away during these times.

☐ **CHARGE IT:** I will keep my device in _____(designated location) to charge starting at _____ pm each evening.

☐ **SURRENDER IT:** I understand that using any device is a privilege rather than a right. I will follow our family contract to retain that privilege. If I break this contract, I understand I may lose access for up to fifty years!

☐ _____