

## FAMILY Media Covenant

- **Phones must be placed on the charging station by \_\_\_\_\_ at \_\_\_\_\_.**

Some would wanted a to stop phone use at a certain time but discuss together as a family when the phone goes to bed. The phone is placed on a charger station & the charger stays in a public place.

- **Phones cannot be used during \_\_\_\_\_.**

Families should try to create some phone free times. Discuss with your kid when they can use their phone and when they should put it away. For example, When sitting at the table for a family dinner all phones are not allowed at the table.

- **Your contacts can only include \_\_\_\_\_.**

Talk to your students about who they can have in their contact list. An example is to restrict to close friends and family. If they have a question about who to add they should ask you.

- **To keep you safe, we will monitor your phone by \_\_\_\_\_.**

A parent can monitor with surprise phone checks. Periodically, asking for the phone and go through it. The parent can check the phone with while setting next to the student so questions can be asked. Parents are not checking to get them into trouble, but wanting to know what they are doing with their phone. Most of the time, it is a quick, simple check.

- **Never share your personal information online.**

Kids should remember never to share their location or physical address. They should also never give out their personal information such as phone number, full birthdate, full name or other information that could be used by an identity thief.

- **Never type or post anything you would not say in person or wish to appear on a billboard.**

If they would not say it to someone's face, they should not share it online. This includes not only what they post on social networks but private communications as well. Texts and instant messages can be saved with a screenshot and posted elsewhere or forwarded to someone else. Nothing is ever private in the digital world.

- **Your device must be kept secure at all times.**

Kids should set a strong password and not share their password with anyone except you. Viruses can also target smartphones. If your kid has a smartphone, they should keep all software up to date.

- **For Smartphones – If you restrict it on the desktop, restrict it on the phone.**

A smartphone is a computer in their pocket. Parents will want to extend the family computer rules to this device.

- **If you have a problem, please come to us first and we have a problem we will come to your first.**

- **If you do not uphold this contract, we will \_\_\_\_\_.**

Parents need to let kids know what will happen if they misuse their phone. For minor mistakes, parents may want to increase monitoring for a period of time. For bigger violations, parents may want to implement a digital time out or digital grounding. I know parents who take the phone completely away for a period of time while others restrict its use to certain hours of the day. Digital grounding is not as easy as it sounds. Kids will argue they need their phone for school and you may want them to have it during the day. Whatever you decide make sure you can enforce it.

Family Signatures: \_\_\_\_\_

Date: \_\_\_\_\_