



# TECH CONTRACT

DEAR \_\_\_\_\_,

Congratulations!

You are now the proud user of various technologies, including smartphones, gaming consoles, and internet access. However, with this opportunity comes responsibility. Please read through the following contract and if you are willing to follow the rules, we will all sign the agreement and begin this online journey together.

It is my/our job to raise you into a well-rounded, healthy young adult who can function in the world and coexist with technology without being ruled by it. Failure to comply with the following list may result in the temporary loss of technology or in extreme cases, the termination of your tech privileges. I/we love you very much and look forward to sharing many meaningful moments with you, both online and offline.

Using technology is a privilege, not a right. By signing this Tech Contract, you agree to abide by the following rules:

- 1. Ownership vs Use agreement: Even though you may use the devices, they belong to your guardian, who pays for them.
- 2. Passwords: Your guardian will always know your passwords. Changing them without permission will result in the loss of device usage for a week.
- 3. Responsiveness: You agree to respond promptly and politely to calls or messages, especially from your guardian.
- 4. Curfew: You will turn in all devices to your guardian by \_\_\_ p.m. on school nights and \_\_\_ p.m. on weekends. Devices will be returned to you at \_\_\_\_\_ a.m. the next day. Missing curfew will result in the loss of device privileges for the next day.

- 5. Responsibility: You accept responsibility for the replacement or repair costs if a device is lost, damaged, or stolen. You can earn the necessary funds through things such as chores, babysitting, or saving birthday money.
- 6. Integrity: You will not use technology to lie, deceive, or hurt others. You commit to being a good friend and avoiding drama.
- 7. Respect: You will not send, post, or say anything online that you wouldn't say in person or with someone's parents in the room.
- 8. Safety: You will not engage in inappropriate relationships or conversations online. If this happens, your guardian will intervene and, if necessary, contact the other party's parents or appropriate authority. You will never turn your location off, this is non-negotiable.
- 9. Content: You agree not to view or search for inappropriate content. If you have questions, you will ask your guardian.
- 10. Etiquette: You will silence or turn off your devices in public places, like restaurants or movies, and when talking to others, to avoid being rude. You will not be on your phone during class.
- 11. Privacy: You will not send or receive inappropriate pictures. You understand that this behavior is risky and can have long-term consequences.
- 12. Moderation: You agree to avoid obsessively documenting everything. You will live in the moment and create memories instead.
- 13. Independence: You will feel secure leaving your device at home sometimes, understanding it is not an extension of you.
- 14. Exploration: You agree to explore new music, games, and content to broaden your horizons.
- 15. Mindfulness: You will engage in activities that challenge your mind, such as puzzles or brain teasers.
- 16. Awareness: You will take breaks from screens to enjoy the world around you, nature, and personal interactions.

- 17. Accountability: You understand that mistakes happen and that your guardian may take away your devices as a result. This is part of the learning process, and you recognize that your guardian is on your team.
- 18. Academics: You agree to meet your academic expectations set by your guardian to keep your tech privileges. If your performance falls below the agreed-upon standard, you will lose your devices until your grades improve.
- 19. Social Media: Any social media accounts must include your guardian as a friend or follower, and you will provide them with your passwords. Changing passwords will result in the loss of privileges.
- 20. Boundaries: You agree not to take devices into the bathroom. Violating this rule will result in losing access for the next day. You also agree to keep your room organized and your bed made, or you will lose your device for the following day or until you clean up your mess.

Many of these lessons go beyond just your devices - they're important for life. By signing this contract, you're committing to using technology safely and responsibly.  
Enjoy your devices!

SIGNATURES:

\_\_\_\_\_  
CHILD

\_\_\_\_\_  
PARENT/GUARDIAN

\_\_\_\_\_  
DATE



[thedemandproject.org](http://thedemandproject.org)