

## Electronics/Internet Usage Contract

My parents may allow me to use a digital technology if I agree to rules for using it. I understand that I must abide by these rules or the device will be taken away from me for as long as my parents choose.

The rules include, but are not limited to, the following.

- I must agree to give the device immediately to my parents when they ask for it. I must fully cooperate in showing them the contents of my device, including my passwords, accounts, cell phone contacts, pictures, videos, text messages, email, or anything else stored in the device.
- I will not use technology devices after a time in the evening designated by my parents. For the purpose of this contract that time will be called "bedtime." On school nights that time is 10:30 P.M. On non-school nights that time is 11:30 P.M. This will be revised from time to time, either earlier or later, depending on my age and how well I respect the rules of this agreement.
- I understand that if my parents learn I am using my device after the time designated above, they will take it from me for a period of time. After that, for some additional period of time, I will have to hand in my device every night before bed.
- I will abide by my school's rules regarding use of cell phones, Internet and digital technology.
- Any abusive use of this technology will mean I will lose this or all technology privileges for a period of time. Abuse includes sending or storing inappropriate content (nudity or partial nudity, drug or alcohol references, harassing or bullying messages, spreading rumors, sending or receiving calls or texts from strangers, etc. Overuse of technology may also enact a 2 hour time limitation per day as my parent see fit.
- House rules include:
  - Do not use your phone or other digital device during family meals.
  - When you talk to adults, focus all of your attention on them: do not check text messages or search for videos.
  - Bathrooms are off-limits for technology.
- I understand that if I create, send, or receive text messages of any young person, including myself, in which the young person is depicted nude, semi-nude, or engaging in sexual behavior, that I am violating child pornography laws and could be charged with breaking child pornography laws. I understand that this kind of behavior has caused young people to be charged with crimes and to be permanently listed on sex-offender registries.