

Family tech agreement

Whether you're starting out with age-appropriate TV shows for preschoolers, managing BYOD with a primary-aged child or navigating phones, gaming and social media with tweens and teens – this guide will help your whānau get on the same page, shaped by your own **house rules** and **family values**.

Child responsibilities

- ☐ When I'm not using my device, I'll store it in _____
- ☐ I'll use screens in shared spaces at home, not in _____
- ☐ At night, all screens go off by _____ so we have some downtime before bed.
- ☐ I'll check with a parent before turning on the TV, laptop, tablet, gaming console or another device.
- ☐ I'll respect the parental controls set up on our devices.
- ☐ I won't change settings on family devices – that's a parent's job.
- ☐ I'll be considerate of the people around me when I'm watching TV, gaming or using a device.
- ☐ I'll only use websites, apps, games, shows and movies approved by my parents.
- ☐ I'll tell a parent if I see anything online that feels confusing, upsetting or inappropriate.
- ☐ I won't look at or listen to content that's not suitable for my age.
- ☐ I won't share personal information like my name, address, school or photos with people I don't know well.
- ☐ I'll ask a parent before downloading any new apps or games.
- ☐ I'll ask a parent before creating any social media profile.
- ☐ I won't take or share inappropriate photos of myself or anyone else.
- ☐ I'll always tell a parent if anyone bullies me – in real life or online.
- ☐ I won't send threatening, rude or unkind messages.
- ☐ I'll ask a parent before adding new "friends" online to make sure they're friends in real life.
- ☐ I'll tell a parent straight away if someone sends me explicit content or asks me to send any.
- ☐ I'll look out for scams and tell a parent if I receive a message that looks suspicious.
- ☐ I'll tell a parent if someone I meet online asks to meet in person.
- ☐ I understand this is a team effort between me and my parents to help me use technology safely and responsibly.
- ☐ I understand my parents might check my screen activity sometimes to help me stick to this.

Child: _____ Date: _____

Parent responsibilities

- ☐ I will be mindful of my own tech habits and try to model healthy screen use for my kids.
- ☐ I will set up filters and parental controls that are age-appropriate for our whānau and review them regularly.
- ☐ If my child tells me about something online that makes them feel unsafe, confused or uncomfortable, I will listen first and respond with support – not panic or overreaction.
- ☐ If my child breaks this agreement, I may remove screen time as a consequence. But I know that if they learn I'm someone they can talk to openly about their online experiences, they'll be more likely to come to me if something goes wrong in the future.

Parent: _____ Date: _____

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Child responsibilities

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Child: _____ Date: _____

Parent responsibilities

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Parent: _____ Date: _____