



# Our Family Technology Commitment

Although technology can be challenging to navigate, there are many good things that come from being connected. We know technology can be good because:

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When our technology use is out of balance, it changes how we interact with each other as a family. **Nothing on our device is more important than face to face connection with those we love most.** We are committed to following these guidelines in order to keep our family healthy.

God has made Dad and/or Mom the leader of our family which means they have the responsibility to guide us and keep us safe when we use media and technology. We will respect and trust their leadership by:

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Just because our friends get a phone, are allowed to watch a show, or use an app doesn't mean we will be too. The families who share our values and may influence our media choices are:

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We will follow these guidelines for technology and media use in our family:

Age Requirements: \_\_\_\_\_

Financial Responsibility: \_\_\_\_\_

Social Media/App Restrictions: \_\_\_\_\_

Time Limits: \_\_\_\_\_

Device-Free Zones/Times: \_\_\_\_\_

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Technology is a privilege that is earned and can be taken away. We can earn this privilege by:

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and lose it by: \_\_\_\_\_.

Privacy is also a privilege that is earned by showing maturity and responsibility. Our family policy on passwords and access:

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Beyond the walls of our home, we commit to being good digital citizens who use technology to love our neighbors. Some of the ways we can use technology for good:

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We commit to honestly communicate any challenges or frustrations we have around technology, especially when we encounter inappropriate or concerning content.

This is our safe space to learn and grow together.

**Family Signatures:**

