

# Student Technology Contract

*My Commitment to Stay Safe, Respectful, and Responsible Online*

*Today I sign the following contract and make a commitment to stay safe online. I recognize that my parents love me and that they can take away my electronic devices if I violate this contract.*

1. I promise to use my devices in a positive way that is respectful to others and to myself.
2. I promise to share all my passwords with my parents and to get their permission before adding any new apps or software.
3. I promise to give all of my devices to my parents by \_\_\_\_\_p.m. every night and to get them back the next day any time after \_\_\_\_\_a.m.
4. I promise to spend no more than \_\_\_\_\_ hours of total screen time each day. There are many other positive things I can do with my time including: \_\_\_\_\_  
\_\_\_\_\_
5. I promise to put my devices away during meal times, at family events, and in class. I am not addicted to my devices. I will not use them to avoid connecting with people in real life.
6. I promise to never use my devices for bullying, cyberbullying, harassing or making fun of others.
7. I promise to never send, save, share or search for nude or inappropriate photos and videos.
8. I promise to report cyberbullying and inappropriate behavior to my parents and to my school. I will provide proof by taking screen shots whenever possible.
9. I promise to keep my personal information private including my physical location, phone number, and home address. I commit to never interacting with people online who I don't already know in real life.
10. I promise to stop and think before posting, knowing that my posts can follow me the rest of my life and even result in legal consequences.

**Student Signature:** \_\_\_\_\_

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

**Parent Signature:** \_\_\_\_\_

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