

Parent/Child Screen-Time Contract

I WILL NOT

- Share my password(s) with anyone other than my parents
- Give out any personal information including my last name, address, picture, or phone number
- Upload or download photos or videos without my parents' permission
- Meet someone in person whom I've met online without my parents' permission

I AGREE TO

___hours of screen-time/week

Signed by Child

I WILL

- Tell my parents or an adult I trust if anything happens online that makes me feel upset, sad or not safe
- Agree to tell my parents if I see something that is inappropriate
- Make smart decisions about what I watch, play and send, and ask my parents if I'm not sure what's appropriate

OR

___hours of video games/ week

___hours of TV/week

___hours computer time/week

Signed by Parent