

Subject: Tech Tip of the Week: Make a Family Technology Contract

Date: Friday, May 16, 2014 12:33:55 PM ET

From: Adam Meador

To: Adam Meador

In this week's installment, we make a Family Technology Contract. If we are going to protect our family from the dangers of the internet, it is a good idea to set some ground rules. A family technology contract or family media agreement can help set up some basic rules and guidelines for your children's internet and media use. Here are some questions your family should discuss?

1. How many hours a day can be spent at the computer, tablet, or playing video games?
2. Are social media sites allowed – which ones?
3. Are any particular websites off-limits?
4. Are mobile devices allowed in bedrooms overnight?
5. What information can be or shouldn't be shared online?
6. Which TV show ratings are off-limits?
7. How many hours of TV can be watched a day?

Below are some links to sample family media agreements and technology contracts. It is quick and easy to establish some basic family media guidelines. Take five minutes and look at the links below. Find one that works for your family.

http://www.common sense media.org/sites/default/files/uploads/pdfs/fma_all.pdf

<http://womenfordecency.org/Resources/Safe%20Media%20Pledge.pdf>

<http://womenfordecency.org/Resources/Youth%20Pledge.pdf>

<http://armstrongarmor.com/contract.htm>

http://www.sjchristian.org/current/forms/media_agree.pdf

<http://www.promoteprevent.org/sites/www.promoteprevent.org/files/resources/Family%20agreement%20for%20internet%20use.pdf>

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