

Guidelines for Internet/Device Use at Home

List all devices accessed in the home (Smartphones, smartwatch, iPad, etc.), passwords for parental access, and the amount of time allowed for them to be used per day:

Device:	Password:	Time Allowed per Day:

Time devices must be turned off for the night: _____

Apps or Websites not allowed: _____

Additional Guidelines specific to your family: _____

Consequences for not following house rules:

1. _____
2. _____
3. _____
4. _____
5. _____