An AUP or Acceptable use policy is a great way to convey your expectations to your children. An AUP is a document where you can write down all of your rules and requirements for your household. After you explain what it is to your child, you and they can sign it, making it a contract. If you would like to create an AUP for your home, I will provide you with a template that you can use. Feel free to use this template or you can create your own if an AUP is something you would like to have.