

Rules for Technology

In order to use any form of technology during free-time on a school day, homework must be completed and _____. Screen time on school days is limited to _____ (this includes computer use, x-box use, and use of the TV). If the family decides to watch a movie together, that can be counted as an exception. Weekend screen time is limited to _____ hours and may be increased by doing extra chores, _____, or _____ of time outside playing. When on the internet, you cannot go on sites that have been blocked, _____, or share any personal information online without permission (never share personal information in a chat room on the internet or on the x-box). Breaking these rules or participation in online bullying will result in immediate loss of privileges and _____.

I understand these rules are a social contract between parent and child and agree to follow them.

Child's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____