

Family Statement

The _____ family realizes that we have a unique set of strengths and weaknesses. For the sake of clarity, safety and unity we have decided that it is important for us to have a commitment to each other around technology.

As your parent I want you to live a life that is full of happiness and safety. I believe you are strong and capable. I also believe that as your parent it is my privilege and responsibility to guide you through some things in the world that are tricky. Technology is one of those things. How you interact with it will affect you now and in the future. Therefore, my hope is that as you read the rest of the contract you see that my heart is for you not against you.

We the _____ family commit to using technology in intentional ways to better our relationships, education and even our ability to relax and just be in the moment. We recognize that no timetable, rule or standard is going to change our heart and therefore our established guidelines are there to help us work through and acknowledge what is really in our hearts.

As a family we want to *remain honest and free of shame* therefore we will not shame each other when mess up but walk through the consequences of our actions together knowing that we ultimately love each other.

I _____, commit to utilizing the technology in our home in ways that bring life and joy. As a member of this family I have the right to ask other members about their use of technology when I feel they are using it to escape, tear others down, and in a way where they are being controlled by it.

To keep things simple and help us be consistent we commit to only utilizing technology between the hours of ___am and ___pm from Monday to Friday. This includes Television, Xbox, and phone/internet reactions.

When technology is not being utilized it is to be kept on the charging station so that when it is needed for communication/ school or relaxation purposes it is readily available, easily accessible and able to be found without fighting. This also means devices need to be charged so they can be utilized when needed.



During the weekend There will be room for flexibility in this as we may stay up late watching movies or friends may be over however technology usage needs to be approved by a parent or guardian and needs to be left on the charging station in the evening/ night hours.

Technology will be used in public spaces; we will strive to be honest with each other with what we want to see/ look at. If pornography is seen or purposely viewed there will be conversations around why and what can be done in the future to help our needs be met in other ways. Pornography has been shown to change the chemistry and patterns that our brain uses. We believe as a family that all people are valued and loved, and porn leaves us seeing people as commodities and objects. Therefore, while it is normal in our culture to view porn our family has chosen to as a team to refrain from its use and to be open and honest around the struggle.

All technology will be monitored by monitoring systems and each child has acknowledged that. Conversations around videos/media being consumed or participated in will be a natural conversation in our family.

I _____ acknowledge and agree to having the devices monitored by my parents. I know that at some point if I decide no longer to want my devices monitored, I am forfeiting the right to own/ utilize a device in my parents' home. I know that is my choice and I can change my mind at any point.

I _____ agree to only utilize devices during the hours of ___am and ___pm and that devices are to be left on the charging station when they are not in use.

I _____ agree to use safe practices when on any devices.

I _____ believe that my parents see me as strong and capable and that these guidelines are in place for my best interest and have the right to be modified at any time.

Signature: _____ Date: _____