

# Family Digital Agreement Template

Positive4Mind.com



## INTRODUCTION

This customizable template is designed to help your family create a collaborative technology agreement that honors your unique values, needs, and circumstances. By working together to define expectations and boundaries around technology use, you can build healthier digital habits while maintaining family harmony.

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## PART 1: FAMILY VALUES & TECHNOLOGY VISION

**Instructions:** Discuss and document your family's core values and vision for technology use. Have each family member contribute to this section.

**Our Family's Core Values:**

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**Our Vision for Technology in Our Family:**

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**How Technology Can Support Our Family:**

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**How Technology Can Challenge Our Family:**

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## PART 2: DEVICE USAGE GUIDELINES

**Instructions:** Discuss and agree upon guidelines for when, where, and how devices can be used in your home.

### Shared Family Devices

Device	Primary Purpose	When Available	Where It Lives	Special Rules

### Personal Devices

Family Member	Device(s)	Purpose	When Allowed	Where Allowed	Not Allowed

### Tech-Free Times & Zones

#### Our Family's Tech-Free Times:

- Meals: \_\_\_\_\_
- Mornings: \_\_\_\_\_
- Evenings: \_\_\_\_\_
- Weekends: \_\_\_\_\_
- Family activities: \_\_\_\_\_
- Other: \_\_\_\_\_

### **Our Family's Tech-Free Zones:**

- Bedrooms: \_\_\_\_\_
  - Dining areas: \_\_\_\_\_
  - Bathrooms: \_\_\_\_\_
  - Other: \_\_\_\_\_
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## **PART 3: CONTENT & PRIVACY GUIDELINES**

**Instructions:** Discuss and agree upon guidelines for appropriate content and privacy practices.

### **Content Guidelines**

#### **Content Rating Limits:**

- Movies/TV: \_\_\_\_\_
- Video Games: \_\_\_\_\_
- Apps: \_\_\_\_\_
- Websites: \_\_\_\_\_
- Music: \_\_\_\_\_

#### **Content Categories We Agree to Avoid:**

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#### **Process for Requesting Access to New Content:**

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### **Privacy & Security Guidelines**

#### **Personal Information We Agree Not to Share Online:**

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**Our Rules for Social Media Accounts:**

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**Our Rules for Online Communications (messaging, email, video calls):**

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**Our Guidelines for Photos & Videos:**

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**Our Password Management System:**

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**PART 4: DIGITAL CITIZENSHIP & WELLBEING**

**Instructions:** Discuss and agree upon guidelines for being responsible digital citizens and maintaining wellbeing.

**Digital Citizenship Guidelines**

**Our Family Standards for Online Communication:**

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**How We Treat Others Online:**

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**How We Represent Our Family Online:**

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**Our Response to Cyberbullying or Inappropriate Content:**

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## Digital Wellbeing Guidelines

### Our Daily Screen Time Limits:

- Weekdays: \_\_\_\_\_
- Weekends: \_\_\_\_\_
- Homework time: \_\_\_\_\_
- Before bed: \_\_\_\_\_

### Our Physical Health Practices During Technology Use:

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### Signs That Technology Is Affecting Our Wellbeing:

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### Activities We Prioritize Over Screen Time:

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## PART 5: MONITORING & ACCOUNTABILITY

**Instructions:** Discuss and agree upon how family members will be accountable for following this agreement.

### Our Parental Monitoring Approach:

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### How We'll Track Screen Time:

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**Check-in Schedule for Reviewing Technology Use:**

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**How Family Members Can Help Each Other Stay Accountable:**

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## **PART 6: CONSEQUENCES & REWARDS**

**Instructions:** Discuss and agree upon appropriate consequences and rewards related to technology use.

**Natural Consequences of Technology Misuse:**

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**Agreed-Upon Consequences for Breaking This Agreement:**

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**Opportunities to Earn Additional Technology Privileges:**

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**Non-Technology Rewards We Value:**

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## PART 7: SPECIAL CIRCUMSTANCES & EXCEPTIONS

**Instructions:** Discuss and document any special circumstances when this agreement might be modified.

**School/Homework Requirements:**

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**Travel/Vacation Modifications:**

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**Special Occasions:**

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**Emergency Situations:**

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## PART 8: AGREEMENT REVIEW & UPDATES

**Instructions:** Discuss and agree upon when and how this agreement will be reviewed and updated.

**Regular Review Schedule:**

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**Process for Suggesting Changes:**

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**Circumstances That Would Trigger an Immediate Review:**

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## FAMILY DIGITAL AGREEMENT COMMITMENT

We, the undersigned members of the \_\_\_\_\_ family, commit to following this Family Digital Agreement to the best of our abilities. We understand that technology is a tool that should enhance our family relationships, not replace them. We agree to approach technology use with respect, responsibility, and open communication. We will help each other maintain healthy boundaries with technology and revisit this agreement regularly as our family's needs evolve.

Family Member Signatures:

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Name Date

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Name Date

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Name Date

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Name Date

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Name Date

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Parent/Guardian Date

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Parent/Guardian Date

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## **DISCLAIMER**

This Family Digital Agreement Template is provided for informational and educational purposes only. It is not intended to serve as or replace professional psychological, medical, legal, or financial advice. The strategies and suggestions contained in this template may not be suitable for every family situation.

Results from using this template will vary depending on individual circumstances, family dynamics, consistency of application, and personal factors. Positive4Mind.com makes no guarantees regarding outcomes or results that may be achieved through the use of this template.

By using this template, you acknowledge that creating and implementing a family digital agreement is a personal process and that you are solely responsible for your choices, actions, and their consequences. If you are experiencing significant distress related to technology use, family dynamics, or mental health challenges, please consult with a qualified healthcare professional.

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