

MY SCREEN CONTRACT AND PLEDGE

INSTRUCTIONS

Use this as a template for a screen contract and pledge for your home. Take a moment to read through it. If you think anything else should be added for your family's contract, write it into the space below.

I AGREE THAT...

- ☐ I will never give out personal information such as my last name, address, or phone number.
- ☐ I will not give out the name of my school, city, or parent's workplace.
- ☐ I will not share my passwords with anyone besides my parents.
- ☐ I will follow the time limits that my family sets.
- ☐ I will allow my parents to check my media history whenever they think it is necessary.
- ☐ I will only have online interactions with people I know in real life.
- ☐ I will tell my mom or dad right away if anything I see makes me uncomfortable, or if anyone asks me to message, video chat, or meet in any other way on a different platform or in person.
- ☐ I will not stay on or click on a page that says, "For Over 18 Years Only."
- ☐ I will not view pornography, and I will tell my parents if it appears.
- ☐ I will not download any pictures or files unless a parent has approved it.
- ☐ I will never send nude or suggestive pictures of myself to anyone.
- ☐ I will not say anything online that I wouldn't say to someone in real life.
- ☐ I will pay for repairs or a replacement if I break or lose the phone.
- ☐ _____
- ☐ _____
- ☐ _____



I UNDERSTAND THAT IF I BREAK THIS AGREEMENT, THE CONSEQUENCES WILL BE...

- ☐ _____
- ☐ _____
- ☐ _____

SON/DAUGHTER: _____
PARENT: _____