

# Family Media Agreement/Plan

## by [SmartSocial.com](http://SmartSocial.com)

(Print multiple copies and fill out one for each member of the family if different rules apply based on age and responsibilities.)

We understand that companies that create devices and media content have the mission of making them interesting and they want us to keep watching or playing.

As a family, we will talk about all types of screens used in our home for personal or entertainment purposes: computers, television, video game systems, cell phones, tablets, etc.

This family technology dialogue and agreement is taking place on \_\_August 20, 2025\_\_\_\_ (date) between \_\_\_\_\_ (student name) and \_\_\_\_\_ (parent/ guardian name).

We will revisit this agreement no later than \_\_\_\_\_ (date) and may continue the discussion any time one of us has a concern about screentime, device use, or social media issues covered in this agreement.

As a family, we will continue learning about the technology in our lives and the best way to use it. We will use resources from SmartSocial.com and other digital citizenship applications to help each family member understand current concerns or opportunities to use technology.

Our family technology dialogue and agreements cover the following topics:

\_\_\_ **Screen Time**

\_\_\_ **Family Communication/Device Care**

\_\_\_ **Video Games**

\_\_\_ **Social Media and Online Presence**

Use the following templates for each topic to discuss the responsibilities, dangers, and opportunities as a family.

**We discussed the importance of these rules and agreed to do our best to follow them. I understand that failure to uphold this family media agreement after our dialogue will result in appropriate consequences.**

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent #1 Signature: \_\_\_\_\_ Parent #2 Signature: \_\_\_\_\_

# A. Screentime Agreement

Screen/ Device	Time limit per day	Time of day I am allowed to use this screen	How do I track the screen time on this device?	Am I allowed to access an internet browser on this device?
iPad				
Laptop				
iPhone				

1. TOTAL PERSONAL/ENTERTAINMENT SCREEN TIME PER DAY: \_\_\_\_\_

2. Before I start any screentime the following responsibilities must be completed first: (circle all that apply)

Homework                      Chores \_\_\_\_\_                      Exercise/sports time  
 Ask permission first              Chores \_\_\_\_\_                      Other \_\_\_\_\_

3. Screens will not be allowed: (fill in the blank and circle all that apply)

Before (time): \_\_\_\_\_ After (time): \_\_\_\_\_      At the dinner table      In the car (as a passenger, never as a driver)

4. If I am having a hard time stepping away or turning off the screen after my time limit is done, I can consider doing something I enjoy off-screen like: (list some non-screen activities here)

\_\_\_\_\_

5. Some signs that I have been watching a screen for too long might be:

\_\_\_\_\_

6. If I knowingly break these screen time rules, the consequence will be:

\_\_\_\_\_

7. If I ever see something on this device that makes me feel uncomfortable or goes against our family values I will: \_\_\_\_\_

Use the SmartSocial Family Media Agreement Dialogue Guide for more dialogue about what activities can be done during approved screen time on your devices.

# B. Family Communication & Device Care Agreement

1. Name of device: \_\_\_\_\_

(Complete the Screen Time Dialogue and Agreement first for all devices. Create multiple copies of this document in part or whole for additional devices such as cell phones, tablets, kindles, iPods, MP3 players, watches, etc.)

2. This device was purchased by \_\_\_\_\_ and the current replacement cost is \$ \_\_\_\_\_. If lost or damaged, it is \_\_\_\_\_'s responsibility to pay for replacement or repair. The monthly charge/cost for the data, subscription, etc. to use this device is \$ \_\_\_\_\_/month and is paid for by \_\_\_\_\_.

3. My device login and password are \_\_\_\_\_. I know I should never share this information with anyone other than my parents/guardians. I will not change this information without them knowing and updating this form.

4. \_\_\_\_\_ (parent/guardian) will be able to inspect my phone and apps at any time and parental controls may be used to help protect me. We will use \_\_\_\_\_ (name of monitoring/parental controls) to help us monitor this device.

5. I will NOT knowingly remove, change, or circumvent any controls/monitoring software on my device. Initial here: \_\_\_\_\_

6. Additional fees (apps, downloads, subscriptions, etc.) are (circle one):

Allowed & paid for by \_\_\_\_\_      Must ask permission for each purchase      Not allowed

7. I [AM] or [AM NOT] (circle one) allowed to take this device out of the house. I AM or AM NOT (circle one) required to take this device with me when I am not with my parents/guardians.

8. I [AM] or [AM NOT] (circle one) allowed to connect this device to wifi other than our trusted home network. I am allowed to connect to wifi at: \_\_\_\_\_. Places or reasons I should avoid connecting to public wifi include: \_\_\_\_\_.

9. I [AM] or [AM NOT] (circle one) allowed to use the camera on this device. If I am allowed to use the camera I understand I will not share photos with strangers. I will also not share photos without the permission of the people in the photo. (Complete the Social Media and Online Presence agreement for more details on sharing photos.)

10. If I am ever contacted by a stranger through this device I will tell \_\_\_\_\_ immediately. I understand I should not respond before I talk to my trusted adult.

11. Any communication from me on this device will be respectful and I will communicate clearly. Ground rules include: \_\_\_\_\_. I will do my best to avoid multitasking while checking or answering messages. (For example, making sure whoever you are communicating with understands your acronyms, polite hello and goodbye when starting/stopping a conversation, appropriate times to answer the phone or ignore a message, being patient waiting for a response from others, etc.)

**B. Family Communication & Device Care Agreement (Continued)**

12. If I am allowed to browse the internet on this device, some sites I should avoid are:

\_\_\_\_\_

13. I will use this device to communicate only with people I know in real life. Saving my friends' real names in my contacts will help me and my parents know who I am communicating with. If someone I don't know contacts me I will talk to \_\_\_\_\_ before responding and we will discuss an appropriate way to figure out who the message is from and decide on a safe way to respond. I will not share my phone number, username, or email address online or with people I do not know in real life.

14. I am responsible for keeping the device adequately charged or plugged in. Our family charging station is located: \_\_\_\_\_ (not in the child's bedroom when possible). Initial here: \_\_\_\_\_

15. When not in use, it is my responsibility to store the device in this area: \_\_\_\_\_.

16. I will always have \_\_\_\_\_ on the device to protect it from accidental damage and everyday wear. (For example, screen protectors or cases.)

17. When I want a new app, game, software, or another download on this device, I will talk to \_\_\_\_\_ before downloading anything to discuss what it is and make sure it is safe from viruses or malware that may be a risk to my device or others in our family. We may add additional family agreements for video games or social media based on what I want to download.

18. I will never allow an app or software access to the contacts on my device (AKA: I will not upload my contacts to the device to see if I have friends on that network/game/app). Once contacts are shared, many apps will message all of my contacts and I can never get them back. Initial here: \_\_\_\_\_

19. In general, I will not allow apps or software to track my location through the device. Apps/software that my parents approve for tracking my location for my safety are \_\_\_\_\_ and I will not make changes to these settings without talking to my parents/guardians first. Initial here: \_\_\_\_\_

20. I will never lie about my age when creating an account on this device to bypass their age restrictions. Initial here: \_\_\_\_\_

Add your own rules & expectations:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## C. Video Game Dialogue and Agreement Guide

View the SmartSocial Pros and Cons of Video Games resource for student and parent videos to help discuss video games in your family. <https://smartsocial.com/post/video-games-guide>

1. Name of video game device: \_\_\_\_\_

(Complete the Screen Time Dialogue and Agreement and Device/Communication Dialogue and Agreement first for all devices. Create multiple copies of this document in part or whole for additional devices)

2. I am allowed to play games with an ESRB rating of: (circle all that apply)

E (Everyone)

E 10+ (Everyone 10+)

T (Teen)

M (Mature 17+)

NAME OF VIDEO GAME	ALLOWED	NOT ALLOWED
Fortnite		
Minecraft		
Roblox		

Circle your answer for each of the following questions:

3. Connect my video game device to the internet and play online.                      Allowed                      Not allowed

4. Connect with known friends on the games. If I am allowed, I will only connect with people I personally know in real-life (not friends of friends) and at any time will be able to tell my parent/guardian who each of my connections is, and where I met them in real life.                      Allowed                      Not allowed

### C. Video Game Dialogue and Agreement Guide (Continued)

5. Friend/follow/connect with people I do not know in real life on the games.      Allowed      Not allowed
6. Text chat with real-life friends in the game.      Allowed      Not allowed
7. Text chat with strangers in the game (people I don't know in real life).      Allowed      Not allowed
8. Audio chat with real-life friends in the game.      Allowed      Not allowed
9. Audio chat with strangers in the game (people I don't know in real life).      Allowed      Not allowed
10. Allowed to wear headphones while audio chatting in the game.      Allowed      Not allowed
11. Share social media or other contact information through the game in my profile/account or through live messaging/chat.      Allowed      Not allowed
12. Move from a video game chat to other communication methods with ANYONE (if yes, use a Social Media and Online Presence Agreement).      Allowed      Not allowed

13. If I ever see or hear anything in the game that threatens me, my friends, or my family, I will: (circle all that apply)

- Stop engaging with the individual      Tell \_\_\_\_\_ (my trusted adult)
- Close out of the game      Save the conversation

14. In any interaction with other people (friends or strangers), I will never bully or disrespect the other person through my words or actions in the game. Signs of a bully are \_\_\_\_\_.

If I am bullied I will talk to \_\_\_\_\_ about what to do.

15. I will be a team player and be a good sport even when the game doesn't go as I would like. Being a good sport in my video games means \_\_\_\_\_.

16. I will NEVER share my login name/password with anyone other than \_\_\_\_\_ (my parent/guardian).

17. Login/passwords for video games I play are:

View the SmartSocial Popular Video Games Parents Need To Know list to learn more about popular games:  
<https://smartsocial.com/video-games>

Game	Login	Password
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**C. Video Game Dialogue and Agreement Guide (Continued)**

Additional rules & expectations:

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# D. Social Media and Online Presence Dialogue and Agreement Guide

Use this dialogue and agreement to discuss any social media or online activities. Review the SmartSocial Parent & Student Guides for each app to learn about the app, see examples of dangers, and tips to use the app safely. Complete the Screen Time Dialogue and Agreement and Device/Communication Dialogue and Agreement first for all devices. Create multiple copies of this document in part or whole for additional devices.

1. I will never share my login information with anyone other than my parents/guardians and they should always have my login information for these accounts:

App name	Parent & Student Guide	Allowed?	My Username	Password
<u>Instagram</u>	<a href="https://smartsocial.com/post/instagram">https://smartsocial.com/post/instagram</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>TikTok</u>	<a href="https://smartsocial.com/post/tiktok-app">https://smartsocial.com/post/tiktok-app</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>Snapchat</u>	<a href="https://smartsocial.com/post/snapchat-app">https://smartsocial.com/post/snapchat-app</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>Twitter</u>	<a href="https://smartsocial.com/post/twitter">https://smartsocial.com/post/twitter</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>Discord</u>	<a href="https://smartsocial.com/post/discord-app">https://smartsocial.com/post/discord-app</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>Pinterest</u>	<a href="https://smartsocial.com/post/pinterest">https://smartsocial.com/post/pinterest</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>LinkedIn</u>	<a href="https://smartsocial.com/post/linkedin">https://smartsocial.com/post/linkedin</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>YouTube</u>	<a href="https://smartsocial.com/post/youtube">https://smartsocial.com/post/youtube</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>Netflix</u>	<a href="https://smartsocial.com/post/netflix-app">https://smartsocial.com/post/netflix-app</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		
<u>Online portfolio</u>	<a href="https://smartsocial.com/sba">https://smartsocial.com/sba</a>	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Search for more SmartSocial Parent and Student Guides at: <https://smartsocial.com/app-guide-parents-teachers>

_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No
_____	<input type="checkbox"/> Yes <input type="checkbox"/> No

## D. Social Media and Online Presence Dialogue and Agreement Guide (Continued)

Discuss and initial each of the following:

2. \_\_\_ I AM or AM NOT (circle one) allowed to create new accounts before talking to my parents or guardians.
3. \_\_\_ I will not create fake or hidden accounts to hide my social media activity.
4. \_\_\_ I understand my parents may follow any of my social media accounts, but I AM/AM NOT (circle one) ok with my parents publicly engaging in my posts (liking, commenting, friending my friends, etc.). I would like my parents/guardians to NOT \_\_\_\_\_ on my social media accounts.
5. \_\_\_ I will follow people, and organizations, or join groups that are positive and help me connect with my interests in a productive way. Some positive examples of topics I would like to follow on social media are:  
\_\_\_\_\_
6. \_\_\_ I will NEVER share nude or suggestive photos of myself through any social media or digital methods (including texts). If anyone ever threatens me that they will do something if I don't share, I will stop talking to them and always tell \_\_\_\_\_ (parent/guardian or trusted adult). If I receive offensive photos, even if I never asked for them, I should tell \_\_\_\_\_ since this is a common way online predators try to get me to send them pictures.
7. \_\_\_ I will NEVER meet a stranger in person who I first met online. People are not always who they say they are no matter how long I have talked to them online. If someone wants to meet up with me I will notify \_\_\_\_\_.
8. \_\_\_ I will NEVER share photos of anyone online that I do not have permission to share. Especially if they are inappropriate, bullying, embarrassing, or nude photos that were forwarded to me from others.
9. \_\_\_ I understand that anything I post in an app can be leaked to my online presence and can impact my family and myself legally. If I share something online it can impact my family's reputation both online and offline.
10. \_\_\_ I will treat everyone with respect and never use social media to bully others online or in person. If I see a friend being bullied online I will tell \_\_\_\_\_ to help make sure my friend is ok and knows how to get away from the situation.

