



SAMPLE FAMILY TECHNOLOGY AGREEMENT

THE [FAMILY NAME] TECHNOLOGY AGREEMENT

We believe that technology is a tool to be used wisely, not a right to be demanded. We commit to using digital devices in ways that honour God, respect each other, and protect our family.

OUR VALUES

- People matter more than screens.
- Presence is more valuable than connectivity.
- Self-control is more important than unlimited access.
- We will hold each other accountable with grace.

SCREEN-FREE ZONES

The following areas of our home are screen-free:

- Bedrooms (devices charge in _____)
- Dining table/kitchen during meals
- [Other: _____]

SCREEN-FREE TIMES

The following times are screen-free for our family:

- Mealtimes
- One hour before bedtime
- Family time (specify: _____)
- [Other: _____]

SCREEN TIME LIMITS

[Child's Name]: _____ hours/day on weekdays, _____ hours/day on weekends

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Educational screen time [does/does not] count toward daily limits.

CONTENT STANDARDS

We will use the Philippians 4:8 test for all content:

- Is it true?
- Noble?
- Just?
- Pure?
- Lovely?
- Of good report?

The following content is not permitted:

- [Specify based on your family's standards]

Parents have the right to review any content at any time.

PASSWORDS AND ACCOUNTS

- All passwords will be shared with parents.
- No new accounts may be created without parental permission.
- Parents may review accounts and activity at any time.

DEVICE OWNERSHIP

- All devices belong to the family, not to individual children.
- Devices are a privilege, not a right.
- Devices may be removed at any time for any reason.

CONSEQUENCES FOR VIOLATIONS

First violation: _____

Second violation: _____

Serious violation: _____

PARENT COMMITMENTS



We, as parents, commit to:

- Modelling the same digital habits we expect from our children
- Putting our phones away during family time and conversations
- Charging our devices outside our bedroom
- Explaining the "why" behind our boundaries
- Being consistent, calm, and connected when enforcing limits

SIGNATURES

By signing below, we agree to follow this technology agreement and to hold each other accountable with grace.

Parent: _____ Date: _____

Parent: _____ Date: _____

Child: _____ Date: _____

Child: _____ Date: _____

This agreement will be reviewed and updated on: _____ (date)