

# Parenting the Tech Generation

**Technology is awesome, and awful.** Our children need these skills and experiences for their education, their careers, the future of their lives in this country. We need our children to be safe, respectful and present in real life (not just the virtual world). Here are some guidelines you can use to create an environment that respects family AND technology.

## Create Boundaries.

**What:** Which devices are allowed for each child, and what may they do on those device

- Internet controls are getting less expensive and easier to install all the time. However, it's not possible to monitor every website our children visit, especially when they aren't home.
- Make self-monitoring a part of the agreement. A child or teen that demonstrates responsibility -- by staying on permitted sites or speaking up right away if they clock "wrong" - earns your trust and a few more privileges.

**When:** What hours are OK for phone and screen use?

- Tech chargers love in the parents' bedroom, all phones and tablets should be parked there 30 minutes before a child's bedtime and can be picked up at an agreed upon time the next day.
- Homework time and family meal time should be tech free. Of course, this requires the parent to put their phone aside during family time also, and that can be hard!

**Where:** Decide on which spaces will be tech-free in your home

- The Dinner Table?
- The front seat of the car? It's a great place for conversation with your teen.
- House of worship or family events?

## Create a Contract

1. Ask your child to make a list of technology privileges they want.
  - Getting a cell phone, using the computer for more time each day, being allowed on YouTube or iTunes?
  - Take this list, research anything you don't understand.
  - Decide on what you think are reasonable ideas.
2. Write down the rules you need the child to follow - the what, when and where of technology use.
3. Write down the privileges (from their list) that they can earn if they follow the contract for 3 or 6 months.
4. Write down the privileges your child already has that she will lose if he/she doesn't follow this agreement.
5. Agree that, if they follow the contract, you will not nag your child about his or her use of technology.
  - If he is sticking to the rules, you will not complain about how much he or she uses it, what ridiculous things their friends talk about, etc.
6. In 3 or 6 months, sit down and review the contract. If she has earned the new privileges, give them to him or her. And write a new contract!

**On the next pages, there is a sample contract for you to print and use and an example of what your contract may look like.**



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# Tech Contract

Who is this contract for?

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To Use the Family Device

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What times can Technology Be Used?

Maximum Time Per Day

School Days/Nights \_\_\_\_\_ until \_\_\_\_\_

\_\_\_\_\_ hours / \_\_\_\_\_ minutes

Weekends \_\_\_\_\_ until \_\_\_\_\_

\_\_\_\_\_ hours / \_\_\_\_\_ minutes

Summer/School Breaks \_\_\_\_\_ until \_\_\_\_\_

\_\_\_\_\_ hours / \_\_\_\_\_ minutes

Tech-Free Places

Respect Guidelines

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To Keep these priveleges

To Earn More Priveleges (for next contract)

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This contract is valid for \_\_\_\_\_ months. After that time we will review and adjust accordingly. I have read this contract and will abide by it's rules.

Sign and Date

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Adult

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Young Person



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# Tech Contract

Who is this contract for?

KID #1

To Use the Family Device

COMPUTER AND TABLET

What times can Technology Be Used?

Maximum Time Per Day

School Days/Nights

5 until 9

1 hours /      minutes

Weekends

12 until 9

1 hours /      minutes

Summer/School Breaks

5 until 9

1 hours /      minutes

Tech-Free Places

DINNER TABLE

FAMILY OUTINGS

Rules/Guidelines

TECHNOLOGY CHARGES OVERNIGHT IN PARENTS ROOM

SHUT OFF AT LEAST 30 MINUTES BEFORE BED

NO NEW APPS/SITES/GAMES WITHOUT PERMISSION

KEEP CONTENT RESPECTFUL - DON'T SAY ANYTHING YOU WOULDNT

SAY IN FRONT OF ME OR THE PERSON YOU ARE TALKING ABOUT

To Keep these priveleges

HONOR SHUT DOWN TIMES

LESS THAN 1 HOUR

To Earn More Priveleges (for next contract)

ABIDE BY THIS CONTRACT

COME TO ADULT IF YOU SEE QUESTIONABLE CONTENT

This contract is valid for 6 months. After that time we will review and adjust accordingly. I have read this contract and will abide by it's rules.

Sign and Date

*Mom and Dad*

Adult

Kid #1

Young Person



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