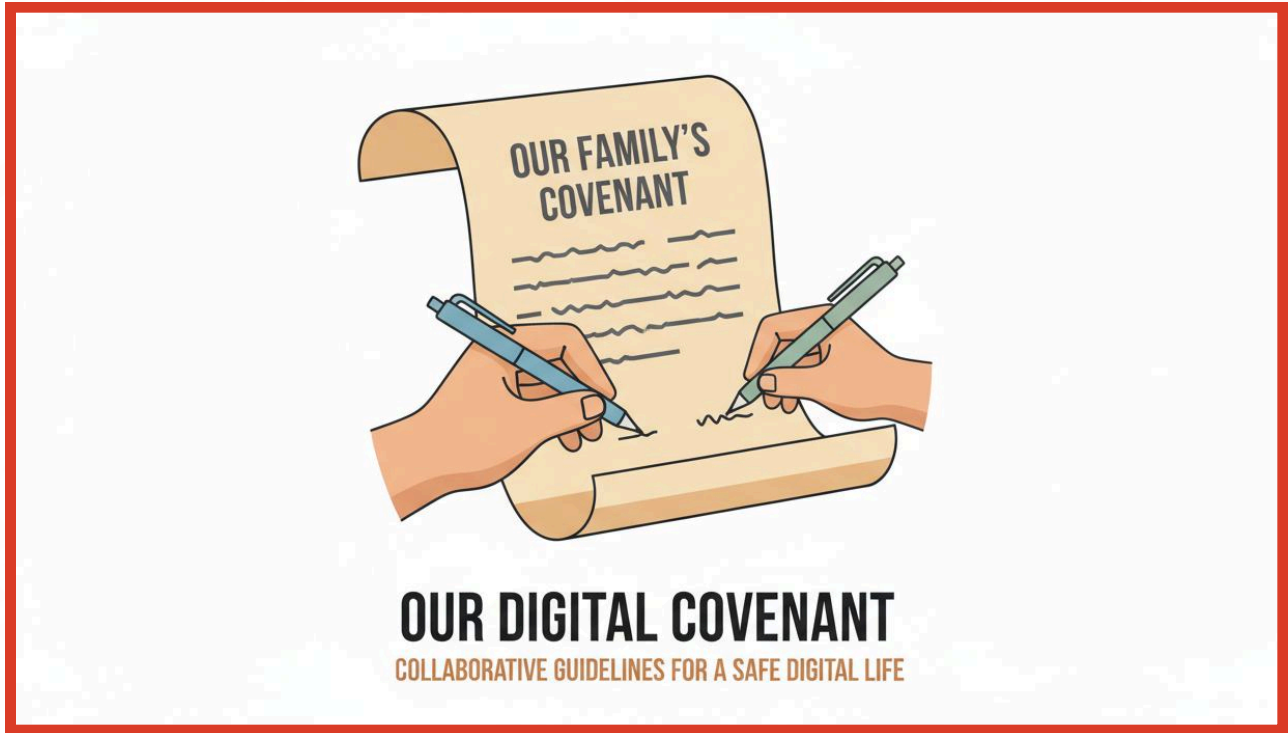




THE DIGITAL  
**POLICY BUILDER**



## CREATING A **CUSTOM FAMILY TECHNOLOGY AGREEMENT**

Safety isn't just about software; it's about expectations. This guide helps you build a written contract with your child. When rules are clear and consequences are pre-decided, you remove the "drama" and focus on the safety.

## WHY A WRITTEN CONTRACT?

Objective: Moving from verbal "nagging" to a mutual understanding.



## THE PSYCHOLOGY OF THE AGREEMENT

Most digital conflicts happen because the rules are "invisible" or change depending on the parent's mood. A written agreement:

1. **Removes Emotion:** "I'm not being mean; we're just following the contract we both signed."
2. **Sets Clear Stakes:** The child knows exactly what happens if a rule is broken.
3. **Grants Autonomy:** Within the boundaries of the contract, the child has freedom.

## HOW TO USE THIS BUILDER

1. **Print two copies.** One for the parent, one for the child.
2. **Draft separately.** Answer the questions on the next page individually.
3. **Negotiate.** Sit down and find a middle ground.
4. **Sign & Post.** Hang it on the refrigerator or in a central charging area.

# THE CORE POLICY QUESTIONS

Use these prompts to build your specific rules.



## TIME & LOCATION

- **The Curfew:** What time do devices go into the "charging station" at night? (Recommendation: 1 hour before sleep).
- **The No-Go Zones:** Are devices allowed at the dinner table? In bathrooms? In bedrooms behind closed doors?
- **The School Day:** What are the rules for device use during homework time?

## ACCESS & PRIVACY

- **The Open Door Policy:** Does the parent have the right to check the device at any time? (Recommendation: Yes, without warning, but with the child present).
- **The Password Rule:** Will all passwords be shared with the parent/guardian?
- **The "New App" Protocol:** Can the child download apps without permission? (Recommendation: "Ask to Buy/Get" must be enabled).

## THE "GOLDEN RULES" OF CONDUCT

- **The Stranger Rule:** What happens if someone you don't know messages you?
- **The Photo Rule:** What types of photos are never okay to send or receive?
- **The Bullying Clause:** What do we do if we see someone else being picked on in a group chat?

## THE CONSEQUENCES (THE "IF/THEN")

- **Minor Infraction:** (e.g., staying on 15 mins past curfew). Consequence: Loss of device for 24 hours.
- **Major Infraction:** (e.g., downloading a banned app or hiding a "Vault").  
**Consequence:** Device is returned to "Factory Reset" and kept by parent for 1 week.

# THE [FAMILY NAME] TECHNOLOGY AGREEMENT

## Drafting Template

**OFFICIAL DIGITAL GUIDELINES AGREEMENT**  
ESTABLISHING OUR SHARED COMMITMENT

1. Screen Time Limits: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Approved Platforms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Screen Time: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed: Adult \_\_\_\_\_ Signed: Child \_\_\_\_\_  
Date: \_\_\_\_\_



## OUR COMMITMENT TO SAFETY

We, the \_\_\_\_\_ family, agree that technology is a privilege used for learning, connecting, and fun. To keep our home safe, we agree to the following:

### 1. PHYSICAL BOUNDARIES:

All devices will be kept in the \_\_\_\_\_ (location) after \_\_\_\_\_ PM. No devices are allowed in the \_\_\_\_\_.

### 2. TRANSPARENCY:

I, \_\_\_\_\_ (Child Name), will share my passcodes with my parents. I understand that my parents may check my phone to ensure my safety. In return, my parents agree to respect my privacy by not reading my personal conversations unless they have a safety concern.

### 3. CONTENT & APPS:

I will never download an app without asking first. I will never use "Vault" apps or "Secret" folders. If I see something that makes me feel uncomfortable, scared, or confused, I will tell an adult immediately.

#### 4. INTERACTING WITH OTHERS:

I will never send a photo of myself that I wouldn't want my grandparents to see. I will never meet someone in person that I met online. I will use my "Digital Power" to be kind, not to bully.

#### 5. THE RECOVERY PLAN:

If a mistake is made, we will talk about it calmly. If I come to my parents with a problem (grooming, bullying, or a mistake I made), I will not be punished for being honest. We will work together to fix it.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# TOOLKIT CONCLUSION: THE DIGITAL DEFENDER MANIFESTO



## YOU ARE NOW A DIGITAL DEFENDER.

You have the tools. You have the settings. You have the scripts.

Safety isn't a destination; it's a journey of continuous adjustment. Technology will change, new apps will emerge, and your child will grow. But the foundation you have built using this toolkit—**Access Control, Critical Thinking, and Open Communication**—will protect them regardless of the platform.

## FINAL CHECKLIST:

- [ ] Section 1-5 of the Bible completed?
- [ ] Red Flag apps deleted?
- [ ] Weekly Routine alarm set?
- [ ] Family Contract signed?

**"The best filter in the world isn't an app. It's the voice of a trusted adult in a child's head."**