

Family Tech Agreement



Let's set some healthy habits together.

Boundaries aren't about saying "no," they're about shaping "how." Together, we'll set them in ways that build trust, protect our time and make room for more freedom along the way.

Which device(s) are we talking about?

- ☐ Smartphones
- ☐ Verizon Gizmo Watch
- ☐ Smartwatch
- ☐ Tablet

What are we using this device for?

Every device has a purpose. This one is meant to:

- ☐ To provide a way to ask for rides or check in with family
- ☐ To create a safety line if I need help in an emergency
- ☐ To start learning how to use technology responsibly
- ☐ To stay in touch with friends and loved ones
- ☐ Other: _____

Too much screen time can affect sleep, health and family relationships. Together, we can set healthy limits and phone-free moments.

- ☐ Daily limit: _____
- ☐ No devices at meals
- ☐ No devices in bedrooms after _____
- ☐ Other tech-free times/places: _____

What about app downloads?

Music, apps, games and videos can be fun, but also challenging to manage responsibly. Talking before downloading helps us keep things safe and age-appropriate.

- ☐ We'll discuss and agree before downloading any new music, apps or games.
- ☐ I can download anything I want, as long as it's free. We'll discuss and agree on all the new things I added once a week to see if they are appropriate.
- ☐ Other: _____

How will we use Verizon Family parental control and safety tools?

These tools can help us stay safe, connected and close, while making space for more independence as you grow.

- I understand the app needs to stay downloaded and on for my device to work.
- Parental controls are part of an ongoing conversation.
- As I show I'm ready, restrictions will ease up.
- We'll check in together to make sure settings feel fair and appropriate.

Which features will we manage together:

- ☐ Location Monitoring (for location sharing and check-ins)
- ☐ Screentime Limits (strike a balance of fun and focus)
- ☐ Parental Controls (block inappropriate content and apps)
- ☐ Driving Insights (guide better driving habits)
- ☐ Family Line (for emergency contacts)

How will we handle online purchases?

Some apps and games come with hidden costs like subscriptions or in-app purchases. Let's set clear rules upfront:

- ☐ All purchases will be discussed and approved beforehand.
 - ☐ I'm free to make purchases within a set \$ amount: _____.
- We'll discuss and agree on all the new things I've added once a week to see if they are appropriate.

What content is off-limits?

Some online spaces aren't healthy or safe.

We will avoid the following content:

- Social media
- Explicit content
- Inappropriate sites

What about passwords and security?

Passwords protect us. Sharing them is a big decision, so let's agree on what feels safe and right for our family.

- ☐ I will share my passwords with my parents (for safety).
- ☐ I will NOT share my passwords with my parents.
- ☐ I will NOT share my passwords with my friends.

What should we remember before sharing something online?

What we post today can last a long time. Let's agree on how to pause and check in before sharing.

- ☐ I will think before posting a comment, photo or video.
- ☐ I will ask my parents for approval before posting content online.

What happens when we mess up?

Mistakes happen to everyone. By talking now about what to do next, we can avoid big arguments later. Agree on consequences that feel fair so everyone can stay on track.

When a rule is broken, we will _____

How often will we review this agreement?

We will schedule a regular family meeting to discuss how things are going and talk about what's working and what we can improve.

- ☐ Weekly
- ☐ Bi-weekly
- ☐ Monthly
- ☐ Other _____

What should we add?

Think about anything else that's important or unique to our family.

The child's pledge

I'll use my device as a tool for connection, learning and fun. I promise to be a responsible user by always being kind, polite and respectful online. I'll follow our family's rules and will talk to you if I ever feel uncomfortable or make a mistake.

I agree with this plan.

Child Signature _____ Date _____

The parent's pledge

As your parent(s), we agree to support you with these guidelines and will model the same good habits. We'll work with you to adjust these rules as you show you're ready for more responsibility. Above all, we want you to grow into your independence safely.

I/We agree to this plan.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____



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Developed in association with the Family Online Safety Institute.