

I AM EXCITED TO GIVE YOU THIS

# TABLET

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

## Time limits

You are allowed to use this tablet \_\_\_\_\_ hours per day for non-school-related activities.

## Restrictions

You should not use your tablet in these situations or places without permission:

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## Apps

You are allowed to download \$\_\_\_\_\_ worth of apps or in-game purchases a month and I would appreciate if you checked in with me before purchasing them.

## Content

I want you to learn and have fun with technology, so it matters to me what you're doing. I reserve the right to ask where you're going and what you're doing on your tablet - what apps or sites do you visit most?



Family  
Online Safety  
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

# FOLLOW THESE RULES

I PROMISE TO...

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## Not overreact

If you come across something on your tablet that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will not overreact.

## Learn new things

I want to know about the cool things you do on your tablet so we can talk about them. I promise to try out new and different things with technology so we can spend time online together.

## Be responsible

I know it's important that I also set a good example when using my own devices. So, I promise to make sure I read information before I purchase and download apps and make conscious decisions about my own time limits too.

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Child signs here

Parent signs here

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For more information:  
[fosi.org/parenting](https://fosi.org/parenting)

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# PHONE

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

## Time limits

You are allowed to use this phone \_\_\_\_\_ hours per day for non-school-related activities.

## Apps

You are allowed to download \$ \_\_\_\_\_ worth of apps or in-game purchases a month and I would appreciate if you checked in with me before purchasing them.

## When and where

You are not allowed to use your phone in these places or situations:

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## Other rules

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Family  
Online Safety  
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

# FOLLOW THESE RULES

I PROMISE TO...

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## Not overreact

If you come across something on your phone that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will not overreact.

## Learn new things

I want to know about the cool things you do on your phone so we can talk about them. I promise to try out new and different things with technology so we can spend time online together.

## Be responsible

I know it's important that I set a good example when using my own devices. So, I promise to never text and drive, to learn more about my phone's safety and privacy features, and to take phone-free time with you.

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Child signs here

Parent signs here

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# GAMING SYSTEM

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

## Time limits

You are allowed to play \_\_\_\_\_ hours per week. On weeknights you are allowed to play \_\_\_\_\_,  
and on weekends, you are allowed to play \_\_\_\_\_.

## Types of games

I want you to play games that are age appropriate.  
You are not allowed to play games with these age ratings:\_\_\_\_\_.

## Other players

This video game system has an online network with the ability to chat with players.

- You are not allowed to use this feature.
- You are allowed to use this feature with the following limits:

## Apps

Video games often have in-game purchases. You are allowed to spend \$ \_\_\_\_\_ per month on video game purchases and I would like you to check with me before purchasing.



Family  
Online Safety  
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

# FOLLOW THESE RULES

I PROMISE TO...

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## Not overreact

If you come across something while playing a game that makes you feel uncomfortable, I want to know about it so I can help you. And I promise if that situation ever comes up, I will not overreact.

## Learn new things

I want to know about the games you like to play. I promise to keep an open mind and even try to learn how to play some of the games you enjoy!

## Listen to you

I am willing to talk about these rules, hear your concerns, and discuss possible changes or compromises.

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Child signs here

Parent signs here

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# WEARABLE DEVICE

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

## Tracking

Some wearable devices track your location, fitness goals and progress, health information, and more. For safety, you are allowed to enable tracking features for these metrics only:

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## Privacy

Your wearable device stores personal information. Please maintain your device by running updates and conducting regular privacy setting check-ups.

## Other users

Many wearable devices have apps with activity sharing. You are allowed to share your activity with only these apps and/or approved people:

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## Other Rules

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Family  
Online Safety  
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

# FOLLOW THESE RULES

I PROMISE TO...

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## Not overreact

If you come across something on your wearable device that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation comes up, I will not overreact.

## Learn new things

I want to know about the cool things you can do on your wearable device so we can talk about them. I promise to try and learn new and different things about wearables so we can try them out together.

## Be responsible

I know it's important that I set a good example when using my wearable device too. So, I promise to be careful about the apps I use and what information is being shared so I can make safe decisions as well.

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Child signs here

Parent signs here

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For more information:  
[fosi.org/parenting](https://fosi.org/parenting)

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