Cellcom next step for kids

Family Tech Agreement

Technology comes with freedom and responsibility. By setting expectations together, we can create healthy boundaries, build trust and make space for independence as you grow.

Which device(s) are we talking about?

- ☐ Smartphone
- ☐ Smartwatch
- ☐ Tablet
- ☐ Other: _____

What are we using this device for?

Every device has a purpose.
We agree this device is for:

- ☐ Staying connected with family and friends
- ☐ Communicating about plans, rides, and check-ins
- ☐ Schoolwork, learning, and educational activities
- ☐ Staying safe and accessing help when needed
- ☐ Other: _____

How will we create a healthy balance?

Our screen time expectations are:

- ☐ Follow daily screen time limits set by my family
- ☐ Put devices away when they interfere with schoolwork or other responsibilities
- ☐ We'll revist screen time expectations if they aren't working
- ☐ Other: _____

Our phone-free times and places:

- ☐ During family meals or activities
- ☐ During homework or study time
- ☐ During school hours, unless permitted
- ☐ In bedrooms overnight
- ☐ Other: _____

What are our expectations for apps, games, and social media?

Apps and online platforms can be fun, but not everything is appropriate or worth downloading

- ☐ I'll discuss new apps and social media before downloading or creating an account
- ☐ I can download free apps without approval, but we'll have regular app check-ins
- ☐ I'll let my family know if I encounter something inappropriate or concerning
- ☐ Other: _____

What are our expectations for online behavior?

What we say and do online matters. We agree to treat others with respect and think about how our actions affect people.

- ☐ I won't participate in cyberbullying or hurtful conversations
- ☐ I'll be respectful and kind in comments and messages
- ☐ I'll speak up or tell a trusted adult if I see someone being mistreated online
- ☐ I'll remember that my online actions can affect my reputation and relationships
- ☐ Other: _____

How often will we review our agreement?

- ☐ Weekly
- ☐ Every other week
- ☐ Monthly
- ☐ Every few months
- ☐ When something changes or isn't working
- ☐ Other: _____

What else should we include?

Every family is different. We'll use the back of this agreement to add anything other expectations or boundaries. Additional agreements could include:

- ☐ Off-limit content
- ☐ Privacy settings & personal information
- ☐ Location sharing & expectations
- ☐ Online purchases
- ☐ Other: _____

Our Family Commitments

My commitment as a technology user:

I agree to use my device(s) responsibly, respectfully, and safely. I'll make thoughtful decisions online, follow our family expectations, and communicate when I need help. I understand that having technology comes with responsibility.

☐ I agree to this plan

Child/Teen Signature: _____

Our commitment as parents/guardians:

We agree to support and guide our child as they navigate technology. We'll lead by example, communicate openly, respect their growing independence and adjust expectations as they demonstrate responsibility.

☐ We agree to this plan

Parent/Guardian Signature: _____

Date signed: _____