



The [Family Name] Digital Covenant

"We use technology to connect, learn, and create, but we never let it replace the people standing right in front of us."

1. Where & When We Unplug

- **The Dining Table:** All meals are tech-free. Devices (including watches) stay in the "charging station" or a different room.
- **The Bedroom Sanctuary:** Bedrooms are for sleeping and reading. All devices go to the charging station by **[Insert Time, e.g., 8:30 PM]**.
- **The First & Last Hour:** We will try to spend the first 30 minutes of the morning and the last 30 minutes of the night without screens to start and end our day with clarity.

2. How We Treat Others (The "Golden Rule" Online)

- **The "Front Porch" Test:** If you wouldn't say it to someone's face or shout it from your front porch, don't text it, post it, or say it in a game lobby.
- **Permission First:** We ask before taking a photo or video of someone else, and we *always* ask before posting a photo of a family member or friend online.
- **The "Pause" Button:** If a game or conversation makes us feel angry, "salty," or anxious, we agree to walk away for 15 minutes before re-engaging.

3. The Parents' Promise

- **Eyes Up:** When a child asks for my attention, I will put my phone face down or away. If I am in the middle of a work task, I will say, "Give me two minutes to finish this email," rather than scrolling while they talk.
- **Modeling Balance:** I will follow the same "Device Bedtime" and "Table Rules" as the kids.
- **No "Shame" Tech Support:** If you see something scary or "weird" online, or if you make a mistake and click something you shouldn't, I promise to help you without getting angry or immediately taking the device away.

4. When We Slip Up (The "Reset")

- We recognize that these apps are designed to keep us hooked. If a boundary is broken:
 - **First time:** A gentle reminder and a 20-minute "tech-free" reset.
 - **Repeat:** Loss of the device for the remainder of the day.
 - **The Goal:** The goal isn't punishment; it's helping our brains "re-calibrate" to the real world.
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Signatures

By signing this, we agree to help each other stay present and healthy in a digital world.

Child(ren): _____ Parent(s): _____

Date: _____

Pro-Tip: Print this out and put it on the refrigerator. When a conflict arises, you can point to the document rather than making it a personal battle. It shifts the dynamic from "Mom/Dad is being mean" to "We are just following the agreement we all signed."

Would you like me to customize this further for a specific age group, such as a "First Smartphone" contract for a pre-teen?