



# 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: \_\_\_\_\_

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**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?**