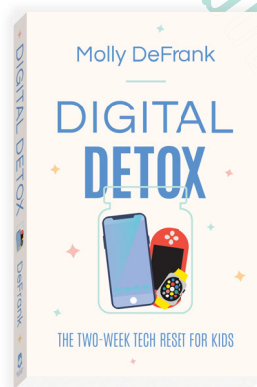


# DIGITAL DETOX

*device contract*



[MOLLYDEFRANK.COM](http://MOLLYDEFRANK.COM)



# DEVICE CONTRACT

When you create your family's Long Term Plan (after your Digital Detox), you will need to clarify rules and roles for the devices you do decide to keep. Some parents find contracts helpful. If you would like to go that route, here is a device contract that you can use with your child. Age, maturity, and device types are all important factors in developing your contract. Add or cross out subsections to suit your child and their device.

I, \_\_\_\_\_ (name of child), hereby agree:

1. I will honor our family values in my use of this device.
2. This phone will charge in mom and dad's room at night, beginning at \_\_:00pm, and I will not use it then.
3. I will not send text messages, photos, links, etc., that contradict our family's values, including anything disparaging about another person, or anything crude.
4. If someone begins sending me inappropriate messages, photos, links, etc., I will have a conversation with my parents. I know I have not done anything wrong merely by receiving something inappropriate from someone.
5. I will not use this device to communicate with another adult, other than family.
6. The service for this device currently costs about \$\_\_ per month. To pay for it, I will either babysit twice per month free of charge or do some other chores that my parents deem sufficient to earn the monthly payment.
7. I have no right to privacy on this device and understand that mom or dad may check its contents at any time.
8. Breaking these rules could lead to temporary or permanent loss of this device.
9. Mom and dad may implement other rules for my device use at their discretion.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

