LAPTOP DIGITAL CONTRACT 2024

Dear *[name of child],* congrats, you have a new computer.

Before you dive in, we need to agree on some ground rules.

A laptop is an adult device made for the adult world. We want you to enjoy your computer and use it in a safe, healthy way.

Remember, the laptop is on loan and is a privilege, not a right. We want to know the passwords on your computer and check in at any time (but will only do this to guide you in your development).

Your laptop has been set up with *[an internet filter / parental controls]* to limit some of what you can see, and do, for your safety.

I agree that I will: *[select some or all of the following options]*

* + Enjoy a broad range of experiences, such as *[reading books / playing sport / walking the dog / practicing guitar / playing board games / painting / dancing / spending time with friends / helping out around the house etc,]* and not allow my online activities to take priority in my life.
  + Limit my laptop use. That is, not before *[8:00am]* and after *[8:30pm]* on weeknights, or after *[9:30pm]* on weekends.
  + Charge my laptop in the *[loungeroom / kitchen / sitting room]* (not in my bedroom).
  + Ask permission to download or purchase apps or games.
  + Give my parents access to my passwords (and no one else).
  + Tell my parents if I see something that is inappropriate or makes me feel uncomfortable.
  + Be honest and open with my parents if I'm being cyberbullied, or feel hurt by my interactions online.
  + Reflect on what I see and hear online, and think about whether what I read is true.
  + Give my laptop back if requested.

I agree that I will not: *[select some or all of the following options]*

* + Be hurtful or mean to others, or message something I wouldn't be prepared to say in person.
  + Take or share naked or inappropriate pictures of me or anyone else.
  + Use my laptop during sleeping hours.
  + Use my laptop in our device-free zones (*[bedroom / dinner table / bathroom / other]*).
  + Change or disable filters or settings applied by my parents.
  + Sign up or use social media without my parents’ permission.
  + Deliberately hide my online behaviours from my parents.
  + Download new apps and games, or make in-app purchases without my parents’ permission.
  + Communicate with strangers, or give away personal information such as my school, date of birth, or location online.

As your parent/s we promise that we will:

* + Definitely not always get it right. We’re learning too, but we’re on your side.
  + Model healthy tech-habits ourselves and apologise when we get things wrong.
  + Look out for you and monitor your relationship with your computer. It’s our job as parents to protect you and help you become a healthy person.
  + Provide firm but fair consequences if when you mess up. We will work through problems and solutions together.
  + Reward you as you do the right thing and develop healthy screen-habits.

Breaking this agreement may lead to the following consequences:

* + *[Examples could include – removing the laptop for a certain period of time / removing certain apps like games / reducing screen-time / adding restrictions for when and how the laptop is able to be used].*

Name of Child: Signature: Date:

Parent / Carer 1: Signature: Date:

Parent / Carer 2: Signature: Date:

**Note:** it is a good practice to revisit this contract each year and to keep it up to date.