TABLET DIGITAL CONTRACT 2024

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

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

A tablet is an adult device made for the adult world. We want you to enjoy your device and use it in a safe, healthy way. It is helpful to own a tablet, but it should not be the most important part of your life.

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

Your tablet has been set up with *[an internet filter / parental controls]* to limit some of what you can see, and do, for your safety. We will give you freedom to access more apps and features as you demonstrate honesty and self-control over time.

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 tablet to take priority in my life.
	+ Limit my tablet use. That is, not before *[8:00am]* and after *[8:30pm]* on weeknights, or after *[9:30pm]* on weekends.
	+ Charge my tablet at the family's charging station at night (not in my bedroom).
	+ Turn my tablet off / do not disturb when required ([at school / dinner time / in the car / when spending time with family friends])
	+ 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 tablet 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 tablet during sleeping hours.
	+ Use my tablet 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 tablet. 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 tablet for a certain period of time / removing certain apps / reducing screen-time / adding restrictions for when and how the tablet 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.