



New Device Contract

I, _____ (known as "CHILD") am entering this contract with _____ (known as "GUARDIAN") and will agree to the following in order for me to not only receive _____ (known as DEVICE), but maintain possession and usage of it.

Before I receive the DEVICE, I acknowledge:

1

Research* shows that over 7 hours of wasteful screentime a day can affect my brain development. Less than 2 hours of wasteful screentime a day correlates to a 100 point jump in standardized test scores.

2

Research* shows that increased usage of social media at an early age can expose me to cyber bullying and depression, including increased suicide rates.

3

Any content I submit online or via text messages to my friends will be forever, even if I think the content is deleted.

- *Comments on Social Media can be screen captured*
 - *Personal Images of myself sent via text can be uploaded to any site*
 - *Videos of myself can be downloaded before I remove it*
- _____

*Source: ryfi.co/contract

While I am using DEVICE, I agree to...

1

Be respectful of not only my peers but everyone. I know that cyber bullying is a contributing factor to increased Teen suicide over the last 10 years.

2

Spend no more than _____ hours per day on my DEVICE.

3

Do the following for social media accounts:
(choose all that apply)

- Not use any social media accounts at all
- Provide username passwords to any accounts I have. Including the phone lock screen
- Allow GUARDIAN unlocked access to my phone so that they can see my

- *Text messages*
 - *Search History*
 - *Social Media History*
- _____

Continued on next page

4

Never bring DEVICE into my bedroom at night since research shows that screen light can harm my sleep, and I may be tempted to view sites I am not allowed to view.

5

If my device is a new console/gaming system, and I have group chats over a microphone, that I alert GUARDIAN since I am effectively inviting guests into the house that could listen in on my private family conversations.

6

I agree to have at least 1 screen free day per week. That day is

7

If my grades drop below _____. _____ I agree to surrender my cell phone until it is remedied.

X

_____ CHILD _____

_____ Date

X

_____ GUARDIAN _____

_____ Date