

Family Social Standards Agreement

Your Challenge:

Huddle as a family to define your standards for using technology and social media positively.

Instructions:

1. Before you begin, download the document so you can edit it. (File > Download As...)
2. For each step, discuss standards that fit everyone in the family and delete any parts of the form that don't apply to your family. Fill in the blanks with specific details.
3. Stay open-minded, ask questions, and look to understand everyone's perspective.
4. Once you're done, print out the document and have all family members sign the bottom.
5. Hang the standards in a place where you see them regularly.

Let's do this.

★ We balance our attention on technology so that we can hit our goals:

- We will get _____ hours of sleep.
- Our grades in school will be _____
- Other: _____

★ We prioritize what is important before we dive into our devices.

- Chores: (format: chore, family member name)
- Homework
- Practicing _____ (describe the activity)
- Getting outside the house by _____ (activity, family member name)
- Other: _____

★ We do not use technology during these times:

- In the morning before _____ (time or activity)
- In the evening after _____ (time or activity)
- In this area of the house: _____ (common room)
- While eating meals together
- Practicing an activity: (activity, family member name)

★ At night, we hit our goal for hours of sleep by:

- Charging devices in a room other than the bedroom
- Turning our devices to "Do Not Disturb"
- Turn off the phone's access to apps

★ Before joining a new social media platform, we do the following:

- Wait until we are _____ years old
- Ask the parent(s)
- Research the app
- Huddle about the pros and cons of the platform

★ We accept friend requests from people who meet certain criteria:

- You've met the person in real life.
- You know them enough to introduce them to your parent and best friend.
- Your parent(s) has OK'd their friend request when you huddle.

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- ★ **We reflect these values in our actions and treat people online how we would in person.**
 - Integrity:** We do the right thing, even if we think no one is watching. Everything is screenshotsable.
 - Inclusivity:** We respect, celebrate, and embrace others' differences.
 - Teamwork:** We help each other out and consider the impact of our actions on others.

- ★ **We update our passwords every (number) months.**
 - This means that the next time we update them is _____ (date)

- ★ **When we are driving, we keep our focus on the road instead of looking at our device by:**
 - Responding to messages once we stop driving or pulling over if it is urgent
 - Checking directions before we start driving
 - Using "Do Not Disturb While Driving"
 - Using our vehicle's Bluetooth device
 - Using a phone holder
 - Other: _____

- ★ **We do not post embarrassing or inappropriate content of ourselves or other people:**
 - On vacation
 - Embarrassing family moments
 - After just waking up
 - Other: _____

- ★ **We avoid sharing private info that others might want to hunt down:**
 - Vacation dates, Current location (geo-location), or Home address
 - Email address
 - Phone numbers
 - Birth date
 - Name of our school (Talk it out: Are abbreviations OK?)
 - Other: _____

- ★ **We talk through tough scenarios face-to-face and:**
 - Keep our cool, rather than overreact.
 - Listen and ask questions.
 - Think about how the other person is feeling.

- ★ **We review our standards every _____ (#) months, updating them as needed:**
 - This means that the next time we discuss our standards is _____ (fill in date).

- ★ **The consequences for not living up to these standards together are:**
 - ...
 -
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"I commit to living up to our family's standards."
(Family members sign below)