

connection zones

Identify several tech-free zones your family will safeguard for real-life connection.

- Mealtime
- Drive Time
- Date Time (for Mom and Dad)
- Family Time
- Church (except to facilitate worship or Bible study)

our Pledge

We, the _____ family, agree to help one another practice healthy technology habits designated in this agreement.

Signatures:

_____	_____
_____	_____
_____	_____
_____	_____

bellevue.org/family



t@ming TECHNOLOGY

Using Technology in a God-Honoring Way

Family contract

Join the movement of individuals and families replacing unhealthy technology habits with meaningful, relational connections.

THINK ABOUT IT

Although technology provides many benefits, our digital era also supplies endless opportunities to develop unhealthy patterns. A family contract helps establish healthy boundaries while emphasizing the value of a personal connection.

TALK ABOUT IT

Create an open and engaging experience to proactively discuss intentional boundaries. (Dessert often makes conversations sweeter.)

TAKE THE LEAD

A parent's role is to protect and guide his or her child toward God-honoring choices in all areas of life. Review the parent/adult section first to show your commitment to model healthy technology habits. Make changes, deletions, or additions to fit the unique dynamics of your family.

"So whether you eat or drink or whatever you do, do it all for the glory of God." 1 Corinthians 10:31

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Parents/Adults

Check all that apply:

- know it.**
I will educate myself on any device or app my child uses.
- share it.**
I will be involved with my child's online and offline activities and relationships.
- discuss it.**
I will communicate reasonable rules and expectations for device usage.
- time it.**
I will monitor the overall technology usage for each family member.
- Limit it.**
I will not use technology as a digital babysitter. I will engage in conversation and provide my full attention to my child as much as possible.
- model it.**
I will respect our tech-free zones and limit my technology usage to model healthy habits. Healthy boundaries apply to me as well.
- check it.**
I will frequently check device history and social media engagement to monitor my child's technology activities.
- protect it.**
I will initiate and manage parental controls.
- cool it.**
I will not overreact if my child has a problem related to technology usage. I will remain calm and work with my child to resolve the issue.
- Leverage it.**
I will creatively use technology in a positive way to strengthen our parent-child relationship (encouragement, prayer requests, etc.)
- enforce it.**
I will calmly address the appropriate consequences if the contract is broken.
- other**

Kids/Teens

Check all that apply:

- protect it.**
I will not share personal information with anyone online (name, address, phone number, age, school, etc.). If this information is requested, I will notify my parents immediately.
- share it.**
I will give my usernames and passwords to my parents, and I will not share them with anyone else, even my best friend.
- request it.**
I will ask permission before setting up an online account of any kind (email, social media, instant messaging, etc.) and before downloading or purchasing any software, apps, music, games, etc.
- say it.**
I will tell my parents immediately if I come across anything that I know is wrong or that makes me feel uncomfortable.
- Answer it.**
If a parent calls me, I will answer unless I'm driving. I will not answer, text, or use any device while driving.
- reveal it.**
I will tell my parent(s) if I meet someone online. I will not respond to emails, messages, friend/follow requests from someone I do not know unless my parent(s) approve(s), nor will I call, write, or meet someone in person unless my parent(s) approve(s).
- Judge it.**
I will not post, send, or receive messages that my parent(s) would deem inappropriate or offensive. I will not use technology to demean or hurt others.
- watch it.**
I will only search and watch appropriate topics that would honor my parent(s) with my choices.
- Honor it.**
I will respect our family's tech-free zones.
- charge it.**
I will keep my device in _____ (designated location) from _____ (evening) to _____ (morning).
- surrender it.**
I understand that using any device is a privilege, not a right. I will follow our family contract to retain that privilege. If I break this contract, I understand that I may lose access to my device(s).
- other**

