

TALK ABOUT IT FIRST

Before creating a family contract about your kid's personal or school-issued device, talk about how the device will be used at home. Use the suggested guidelines below to help make sure that you and your kid are on the same page. Then use the customizable form to outline your agreed-upon expectations.

WHERE, WHEN, & HOW LONG?

- **Decide where you're comfortable having your kid use the device.** Can they only use it in family spaces, like a family room or kitchen? Can they bring it into their bedroom or the bathroom? Can they use it at the dinner table?
- **Consider the difference between using a device for homework and using it for entertainment.** Your kid's school may have specific policies for what a device is to be used for and by whom (e.g., no siblings!).
- **Talk about what it means to "balance" time spent with technology, media, and other activities.** What are some steps your family can take to balance screen time with face-to-face time? Do you want to make the dinner table a device-free zone, in which no family member (not even the adults) may use a cell phone, tablet, or computer? Do you want to set a curfew for when devices need to be shut off?

COMMUNICATE

- **Explain that as the parent or caregiver, part of your job is to guide them.** Identify ways to maintain open, honest communication with your kids about their device.
- **Discuss how you'll monitor the device.** Do you want to check up on your kid's activity? If so, how? Will you ask your kid to give you access to emails, texts, and IMs? Will you review his or her search history (which can be deleted) from time to time?
- **Talk with your kid about the kinds of apps they'll be using and accounts they'll have.** Ask them to show you their favorites, as well as the ones they use most. How do they work? What's so cool about them? How do these tools support their learning?

PROTECT YOURSELF

- **Practice creating a strong password together.** Use at least eight characters (mixing letters, numbers, and symbols) and avoid including "10<0d4<10<g a &Â ð Œ (• T)h"• p 5 HYLHZ SULYDF\ SROLFLHV DQG SULYDF\ VHWV

Make sure your kids understand what private and personal

