



# Family Media Agreement



## Privacy

### Teens:

- I will not post private information, including my full name, date of birth, address, or phone number, without my parent's permission.
- I will use privacy controls in online accounts and devices in a way that my parents know about and are comfortable with.
- I will share my passwords with my family and no one else.
- I will tell my parent immediately if I come across something inappropriate or am sent something that makes me uncomfortable.
- I will not meet people online who I don't know in person without my parent's permission.
- I know that not everything online is true or edifying and I will take care in what I believe and share.

### Parents:

- I will learn about the apps and networks my student uses, including their privacy controls and how to use them.
- I will talk to my student about any of my concerns with technology use, including privacy risks with online accounts, before I simply say "no".
- I will seek to keep up on new developments in technology and reflect on the implications they pose for our family and following Christ.



## Accountability

### Teens:

- I know that using technology is a privilege and not a right.
- I will not hide anything from my parents, but instead will give them permission to look accurately into my life.
- I will tell my parent immediately if I come across something inappropriate or am sent something that makes me uncomfortable.
- I recognize that sin looks good on the surface, especially if it seems hidden, so I will flee before I get stuck in something sinful.
- I will live in a way that honors Jesus Christ and builds others up, including avoiding all forms of slander, bullying, and gossip.
- I will not use technology to lie, cheat, or plagiarize any of my work.

### Parents:

- I will seek a relationship of openness and trust with my student where they feel safe to come for direction and help.
- I will regularly monitor my student's use of technology.
- I will be thankful if I am made aware of something wrong in my student's use of technology, and will seek to use that knowledge for reconciliation and growth in their life.



## Screen Time

### Teens:

- I will seek productivity, not consumption in my use of technology, recognizing God made me for work and rest, not to waste my life filling it with meaningless things.
- I will not let technology distract me from the beauty of Christ in His Word or the relationships with real people He has called me to.
- I will discuss with my parents when and where I should use technology and will obey their instructions.
- I will not use technology at meal times, while driving a car, before bed, or any other agreed-upon times.
- At night, my phone and/or computer will be turned off and charged \_\_\_\_\_.
- I will respect and obey my parent's instructions for my use of technology.

### Parents:

- I will guide my student into a healthy and God-honoring rhythm of using technology and model it myself.
- I will establish Screen Free Zones (i.e. kitchen, dining room table, bedrooms) to encourage healthy life together.
- I will define Screen Free Times and Curfews (i.e. meal times, while in the car, driving, 1 hour before bed, doing homework, at school, occasional "tech-sabbaths") and define where devices will be charged at night.





# Parent / Student Agreement

We, \_\_\_\_\_ (parents) and \_\_\_\_\_ (student) agree to this Agreement, with the following additions and/or modifications:

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Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



## Recommended Steps for Students

From *12 Ways Your Phone is Changing You* by Tony Reinke, page 200.

1. Turn off all nonessential push notifications.
2. Delete expired, nonessential, time-wasting apps.
3. At night, keep your phone out of the bedroom.
4. Use a real alarm clock, not your phone alarm, to keep the phone out of your hands in the morning.
5. Guard your morning disciplines and evening sleep patterns by using phone settings to mute notifications between one hour before bedtime to a time when you can reasonably expect to be finished with personal disciplines (9 p.m. to 7 a.m. for me).
6. Use self-restricting apps to help limit your smartphone functions and the amount of time you invest in various platforms.
7. Recognize that much of what you respond to quickly can wait. Respond at a later, more convenient time.
8. Even if you need to *read* emails on your smartphone, use strategic points during the day to respond to emails at a computer (thirty minutes each at 9 a.m. and 4 p.m. for me).
9. Invite your spouse, your friends, and your family members to offer feedback on your phone habits (more than 70 percent of Christians in my survey said nobody else knew how much time they spent online).
10. When eating with your family members or friends, leave your phone out of sight.
11. When spending time with family members or friends, or when you are at church, leave your phone in a drawer or in your car, or simply power it off.
12. At strategic moments in life, digitally detox your life and recalibrate your ultimate priorities. Step away from social media for frequent strategic stoppages (each morning), digital Sabbaths (one day offline each week), and digital sabbaticals (two two-week stoppages each year).



# Resources for Families



## Learning

- ***The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place*** by Andy Crouch. 205p. Starting with the topic of technology, Crouch makes the case for a life of purpose, creativity, and care within the family. He argues that technology, used mindlessly as we so often do, takes away from life rather than adds to it. This book is highly recommended for its practical ideas and insights.
- ***12 Ways Your Phone is Changing You*** by Tony Reinke. 211p. Coming out of extensive research and reflection, Reinke explains key ways technology is changing us—for good or for bad. Highly recommended for those wanting to reflect on a theology of technology.
- ***12 Tips for Parenting in the Digital Age*** by Tony Reinke, article at DesiringGod.org. <https://www.desiringgod.org/articles/twelve-tips-for-parenting-in-the-digital-age>



## Recommended Steps

### 1) Safeguard the Internet

- **Open DNS** - <https://www.opendns.com/home-internet-security> — DNS Server by Cisco that offers free screening of internet content. Can be setup with or without an account, though an account makes it customizable for in-home use. Can also work alongside either Circle by Disney or Google Wifi (see below).
- **Circle by Disney** - <https://meetcircle.com> — Device that works alongside your Wifi Router to screen content, add limits to usage, and monitor usage of those in the home. See this review for more info from a Christian perspective: . Also offers a subscription plan that can monitor devices outside of the home (though would not work simultaneously on Apple Devices with any of the monitoring services below).
- **Google Wifi** — Wifi Router that offers parental controls, including usage time limits.

### 2) Monitor Usage of Devices

- **Covenant Eyes** - <https://www.covenanteyes.com> — Designed for monitoring web content.
- **Accountable2You** - <https://www.accountable2you.com> — Designed for monitoring web content.
- **X3Watch** - <https://x3watch.com> — Designed for monitoring web content.
- **Qustodio** - <https://www.qustodio.com> — Designed for monitoring web content and usage time.

### 3) Know What You're Watching

- **Plugged In** - <https://www.pluggedin.com> — Movie (and more!) reviews from Focus on the Family.
- **Movie Guide** - <https://www.movieguide.org> — Family guides to movies and entertainment.
- **Common Sense Media** - <https://www.common Sense Media.org> — Secular but very helpful reviews on navigating apps and entertainment.
- **Clear Play** - <https://try.clearplay.com/home/> — Web and DVD/Blu Ray filtering of entertainment.
- **VidAngel** - <https://www.vidangel.com/> — Web filtering of entertainment.

