

Parent-Teen Digital Media Agreement

We, [Parent's Name] _____ and [Teen's Name] _____, agree to the following terms and conditions regarding digital media usage. This agreement aims to foster responsible and safe digital habits for both parents and teens.

1. Device Usage:

- Teens agree to use digital devices primarily for educational, recreational, and communication purposes.
- Devices should not be used during family meals, study time, or late at night.

2. Social Media and Online Presence:

- Teens will maintain open communication with parents about their online activities and friends.
- Teens will adhere to age-appropriate guidelines when using social media platforms and will not engage in cyberbullying or sharing inappropriate content.

3. Privacy and Security:

- Teens will safeguard their personal information and be cautious when sharing details online.
- Parents will respect teens' privacy while maintaining the right to monitor device usage for safety purposes.

4. Content Consumption:

- Teens will consume age-appropriate content and avoid excessive screen time.
- Parents will guide teens in critically analyzing online content and will encourage a healthy balance between online and offline activities.

5. Communication:

- Teens will promptly respond to calls or messages from parents, especially in cases of emergency.
- Parents will approach conversations about digital media with understanding and willingness to listen.

6. Consequences:

Both parties agree to respect and adhere to the terms of this agreement. Violations may result in specified consequences, such as limited device access or loss of privileges.

By signing below, both parties acknowledge their commitment to this digital media agreement and understand that it may be revised as needed through open and respectful communication.

Parent's Signature: _____ Date: _____

Teen's Signature: _____ Date: _____