

Family AI & Technology Agreement

A Collaborative Contract for Healthy, Safe Technology Use

This agreement is made on: _____ (date)

Between the members of the _____ family

How to Use This Agreement

This is not a punishment, it's a **collaboration**. Complete this agreement **together as a family**. Everyone should have a say, including children. The goal is to create shared rules that everyone understands and agrees to.

Why family agreements work:

- Children who help set the rules are **3x more likely to follow them** (American Academy of Pediatrics)
- Families with tech agreements report **50% fewer conflicts** about screen time (Common Sense Media)
- Open conversations about technology build **trust and digital resilience**
- Clear expectations reduce anxiety for both children and parents

Instructions: Discuss each section. Tick the rules you agree on, fill in the blanks together, and sign at the end. Post the agreement somewhere visible (e.g. on the fridge) and schedule regular reviews.

Section 1: Screen Time Rules

Research context: The NHS recommends limiting recreational screen time to no more than **2 hours per day** for children aged 5 to 17. The Royal College of Paediatrics and Child Health advises that screen use should not replace sleep, physical activity, or face-to-face interactions. However, not all screen time is equal; creative and educational use is different from passive scrolling.

Daily Screen Time Limits (not including homework/schoolwork):

	School Days	Weekends / Holidays
Maximum Total Time	_____ hours	_____ hours
Earliest Start Time	_____ AM / PM	_____ AM / PM
Latest End Time	_____ AM / PM	_____ AM / PM
Devices Charged In (at night)	_____ _____	_____ _____

Screen-Free Times (tick all that apply):

- During all meals (breakfast, lunch, dinner)
- At least 1 hour before bedtime (blue light from screens disrupts sleep)
- Before homework and chores are completed
- During family activities and outings
- First 30 minutes after waking up
- Other: _____

Screen-Free Zones (tick all that apply):

- Bedrooms at night (devices charge in a communal area)
- Dining table / kitchen during meals
- Bathroom
- During car journeys shorter than _____ minutes
- Other: _____
- Other: _____

Tip: Consider allowing exceptions for special occasions (movie nights, long journeys, holidays).
Write these here: _____

Section 2: AI & Chatbot Rules

Why this section matters: AI chatbots (ChatGPT, Gemini, Copilot, Claude) are increasingly used by children for homework help, entertainment, and curiosity. While AI tools can be educational, they also carry risks: data collection, exposure to inappropriate content, academic dishonesty, and over-reliance on technology for thinking and problem-solving.

Our family rules for AI chatbots and assistants:

■ **I will NOT share personal information with AI chatbots**

This includes: name, age, address, school, phone number, photos, family details, or any information that could identify me or my family.

■ **I will NOT use AI to complete my homework for me**

*I may use AI as a **learning tool** (like asking it to explain a concept or check my understanding), but the work I submit must be **my own thinking and writing**.*

■ **I will always fact-check important AI answers**

AI chatbots “hallucinate”. They can state false information with complete confidence. I will verify important information using reliable sources.

■ **I will tell a parent if AI says something confusing, scary, or inappropriate**

AI systems can sometimes generate unexpected or concerning content. If this happens, I will not continue the conversation but will show it to a trusted adult.

■ **I understand that AI conversations may be stored and reviewed**

Most AI companies store conversations and may use them for training. I will treat AI chats as public conversations, not private ones.

■ **I will NOT use AI to create fake images or videos of real people**

Creating deepfakes or manipulated images of classmates, teachers, celebrities, or anyone is harmful and potentially illegal.

■ **I will NOT pretend AI-generated content is my own creative work**

If I use AI to help with creative projects, I will be transparent about AI’s role in the process.

AI tools I am allowed to use without asking:

AI tools that require parent permission first:

AI tools that are NOT allowed:

Section 3: Privacy & Online Safety

Key facts: In the UK, 1 in 5 children aged 10 to 15 have been contacted by a stranger online (NSPCC). Cyberbullying affects 1 in 5 young people. Sharing personal information online can lead to identity theft, stalking, and other serious risks.

Information I will NEVER share online:

- My **full name** on public platforms (I will use a first name or nickname only)
- My **home address**, postcode, or specific neighbourhood
- My **school name**, class, or teacher names
- My **phone number** with anyone I don't know in real life
- **Photos of myself** without parent/guardian permission
- **Photos of other people** without their (and their parents') consent
- My **passwords** (except to my parents/guardians)
- My **daily routine** or schedule (when I'm home alone, routes to school, etc.)
- Financial information (**bank details, card numbers**). Ever.

If something online makes me uncomfortable, I will:

- STOP what I'm doing
- CLOSE the app or website
- TELL a parent/guardian or trusted adult
- SAVE evidence (screenshot) if safe to do so
- REPORT the content or person on the platform
- REMEMBER it's not my fault

Our Family Emergency Plan:

Family code word for "I need help / pick me up": _____

Trusted adults I can talk to:

1. _____ (relationship: _____)

2. _____ (relationship: _____)

3. _____ (relationship: _____)

Emergency contacts:

- Childline: **0800 1111** (free, 24/7, confidential)
- CEOP (Child Exploitation and Online Protection): **ceop.police.uk**
- NSPCC Helpline: **0808 800 5000**
- In an emergency: **999**

Section 4: Social Media Rules

Context: Most social media platforms have a **minimum age of 13** (as required by US COPPA law). In the UK, the Information Commissioner's Office (ICO) enforces the Children's Code which requires platforms to provide high privacy settings by default for users under 18.

Social media platforms I am allowed to use:

Platform	Allowed?	Account Type	Parent Follows?
YouTube	Y / N	Private / Public	Y / N
TikTok	Y / N	Private / Public	Y / N
Instagram	Y / N	Private / Public	Y / N
Snapchat	Y / N	Private / Public	Y / N
WhatsApp	Y / N	Private / Public	Y / N
Discord	Y / N	Private / Public	Y / N
Other: _____	Y / N	Private / Public	Y / N

Our social media rules:

- All accounts must be set to **Private**
- I will only accept friend/follow requests from **people I know in real life**
- I will NOT post my location, school, or identifying information
- I will use the "**grandma test**" before posting: Would I be comfortable with my grandma seeing this?
- I will come to a parent if I receive messages from strangers
- I will NOT respond to negative or bullying comments. I will report and block
- I understand that anything I post online could be permanent
- I will NOT create accounts on platforms I'm not old enough for

Section 5: Apps, Games & Downloads

App and game rules:

- I will ask a parent/guardian **before downloading any new app or game**
- I will NOT make **in-app purchases** without parent permission
- I understand that “free” apps often **collect data** as payment; nothing is truly free
- I will NOT use games with **open chat features** without parent knowledge
- I will NOT share personal information in **game chats or forums**
- I will NOT respond to adults in games who ask to **chat privately**
- I will tell a parent if anyone in a game **asks me to keep a secret**
- I will NOT accept **friend requests in games** from people I don't know in real life

Spending limits:

Monthly spending limit on apps/games/in-app purchases: £ _____

How purchases are approved: _____

Apps and games I can use freely:

Apps and games that are NOT allowed:

Section 6: Homework & Learning Use

Healthy use of technology for learning:

- Educational screen time (schoolwork, research, learning apps) is **separate from entertainment screen time**
- I will use technology as a **tool for learning**, not a replacement for thinking
- I will NOT copy-paste from websites or AI without understanding and citing the source
- I will use **age-appropriate educational websites** recommended by my school
- I will take **regular breaks** during homework screen time (5 min break every 25 min, the Pomodoro technique)
- I will NOT have **entertainment apps open** while doing homework

Approved educational websites and apps:

Section 7: Digital Wellbeing

Research shows that excessive screen time is linked to poorer sleep quality, increased anxiety, and reduced physical activity. The NHS recommends that children get at least 60 minutes of physical activity per day and 9 to 12 hours of sleep per night (depending on age).

Our digital wellbeing commitments:

- I will **not sleep with devices in my bedroom** (they charge in: _____)
- I will prioritise **face-to-face friendships** over online ones
- I will spend time **outdoors or exercising** every day before using screens for entertainment
- I will **tell someone if social media makes me feel bad** about myself
- I understand I can **take a break from social media** at any time without judgment
- I will practice the **20-20-20 rule**: Every 20 minutes, look at something 20 feet away for 20 seconds
- Our family will have at least **one fully screen-free activity** together per week

Our weekly screen-free family activity will be:

Section 8: Consequences & Rewards

Important: Consequences should be **fair, proportionate, and agreed in advance**. The goal is to teach responsible behaviour, not to punish. Children should understand the “why” behind consequences.

If rules are broken:

First time:

Second time:

Repeated rule-breaking:

Ideas for Fair Consequences:

- A calm conversation about why the rule exists and what happened
- Reduced screen time for a defined period (e.g. 1 day, 1 week)

- Temporary removal of specific apps or games
- A tech-free day to reset
- Writing a reflection about what they learned

Rewards for following the agreement consistently:

Ideas for Rewards:

- Extra screen time on weekends
- A new game or app of their choice
- Earning the right to try a new platform with parent guidance
- A family tech activity (movie night, game night)

Section 9: Parent / Guardian Commitments

This agreement works both ways. Children are more likely to follow rules when they see adults modelling the same behaviour. Parents and guardians also make commitments:

- I will **model healthy screen habits** myself (putting my phone away during meals, not scrolling in bed)
- I will **listen without judgment** when my child tells me about something that happened online
- I will **not overreact** if my child comes to me with a problem; I want them to keep talking to me
- I will **learn about the platforms** my child uses so I can have informed conversations
- I will **respect my child's growing independence** while keeping them safe
- I will **review this agreement regularly** and update it as my child matures
- I will **be transparent** about any monitoring or parental controls I use, and explain why
- I will **follow the same screen-free rules** (meals, bedtime, family time) as I expect from my child
- I will **praise responsible technology use** when I see it

Section 10: Agreement Review Schedule

Technology changes rapidly, and so do children. This agreement should be a **living document** that evolves as the family's needs change. Schedule regular reviews:

- We will review this agreement every **3 months**
- We will review it whenever **significant changes** occur (new device, new school year, new platform)
- Either party can request a review at any time

Next review date: _____

Notes for next review:

Signatures

By signing below, we agree to follow this agreement and work together to build healthy, safe technology habits.

Role	Name	Signature	Date
Child			
Child			
Parent / Guardian			

Parent / Guardian			
Other Family Member			

Remember: This agreement is about building trust, communication, and healthy habits together. Technology should **enhance** family life, not replace it.