



Our Healthy Tech Family Contract

Create a customized digital citizenship contract for your family that reflects your personal values and concerns about social media, screen time, and Artificial Intelligence (AI). Use the included Digital Citizenship Conversation Guide to engage your family in open, supportive discussion about online safety, privacy, respect, and healthy boundaries.

Printables

- **Digital Citizenship Conversation Guide** includes:
 - Discussion Tips
 - Our Digital Values Checklist
 - Healthy Tech Use: When, Where, and Why?
- **Our Healthy Tech Family Contract**
 - Collaborate to create a customized contract guided by the checklists.

How to Use

- Before you gather for a family meeting, review the **Our Digital Values Checklist and Healthy Tech Use: Where, When, and Why?** checklists to plan what to discuss. Add notes and details to fit your personal family views and concerns.
- During your family meeting, use the checklists as a guide for conversation.
- Then, collaborate to write your customized **Our Healthy Tech Family Contract**.



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Digital Citizenship Conversation Guide

This Digital Citizenship Conversation Guide is a great resource for your family. Use it for first-time technology and social media users and for family members who need to reset their digital boundaries. Refer to the guide as you craft your unique family contract. Your finished contract can help keep your family connected and aligned with their technology use.

Discussion Tips

Learning how to be a good neighbor or to cross the street safely requires guidance and practice. Likewise, learning to safely navigate and act in the digital world should be intentional. Use these discussion tips to help plan your digital citizenship family meeting.

- **Prepare** for your family discussion by reviewing the **Our Digital Values Checklist** and **Healthy Tech Use: Where, When, and Why?** checklists.
- **Research** any topics, apps, or technology that you are unsure about.
- **Gather** some articles, studies, or other information to have on hand and ready for reference.
- **Choose** a relaxing, non-confrontational time and place to hold your low-key family meeting.
- **Remember, Our Healthy Tech Family Contract** is intended as a collaborative agreement, so listen to your family's responses and consider everyone's viewpoints.
- **Explain** *why* these values, boundaries, and rules are important and share any personal experiences that reinforce your point of view.
- **Think** about how important peer pressure and the desire to fit in can be for tweens and teens. Roleplaying situations is a helpful way to prepare them for questions that may come up about their tech or social media values and boundaries.
- **Model** responsible digital citizenship yourself to show your children the benefits of healthy tech use.
- **Maintain** a positive and open relationship with your children and encourage them to share any concerns or issues they encounter online and in the real world.