TOOL 08 OF 13 FOR PARENTS

Family tech and AI agreement.

For: Parents and kids, together · **From the guide:** page 36

These aren't rules handed down. This is a plan we make together, and change together when something isn't working.

Our phones and devices

Devices charge overnight in (somewhere outside bedrooms)

Screens off by, on school nights and on weekends

Phone-free times we'll all keep (dinner, car rides, other)

How we use AI

AI is okay for (homework help, ideas, other)

- No AI companion apps, the ones built to act like a friend or partner, before 18.
- It isn't private. We don't share our full name, address, school, or photos with AI, or anything about other people.
- We never make or share a fake image of a real person, even as a joke.

If something goes wrong

- If someone is mean, threatening, or sends something that makes you uncomfortable, tell me. **You won't be punished for telling me.** If we need to change something to keep you safe, we'll decide it together.
- If you made a mistake, tell me anyway. We'll figure it out together.
- If a friend is in trouble, telling an adult is helping them, not betraying them.

What I promise, as your parent

- I'll listen before I react.
- I won't punish you for telling me something.
- I'll put my own phone down when we talk.

What I promise

Write your own

Child | Parent or caregiver | Date | Next check-in