

# International School of Beijing

## Family Tech Agreements



All students need to *learn* how to use their devices responsibly. This is not a skill that they are born with or that they "pick up" from others. The same is true of families: all families need to *learn* how to best support each member in using their devices responsibly and in line with family values.

These Family Tech Agreements (FTA) are intended to encourage discussion about our use of technology as a family and should reflect what we feel is important to us. This FTA must be completed and returned before Grade 6 students are allowed to take their laptops home.

### Where, When, and How Long?

Based on our discussion as a family, we have made the following agreements about where, when and how long devices can be used. *(Write your rules in the box below):*

### Balance

Based on our discussions as a family, we have made the following agreements about trying to maintain a balanced use of technology. *(Write your rules in the box below):*

## Checking In

Based on our discussions as a family, we have made the following agreements about how we will check in with each other regarding our use of technology. *(Write your rules in the box below):*

## Responsible Behavior with Technology

Based on our discussions, we have made the following agreements about behaving responsibly when using all forms of technology. *(Write your rules in the box below):*

## Agreement

We have reached this Family Tech Agreement (FTA) as a family. This FTA will help guide us in having conversations and discussions about our use of technology and will help us make decisions that reflect our values as a family.

X \_\_\_\_\_

Student Name:

X \_\_\_\_\_

Parent Name:

## Family Tech Agreements Worksheet

All students need to *learn* how to use their devices responsibly. This is not a skill that they are born with or that they "pick up" from others. The same is true of families: all families need to *learn* how to best support each member in using their devices responsibly and in line with family values.

**Students:** Use this worksheet to think about what is important to you and to think about what your parents' perspective might be. Then think about a possible compromise.

**Parents:** Discuss with your child what they have come up with and make decisions together about what your Family Tech Agreement will include.

### Where, When, and How Long?

It is important for families to have clear understandings about how devices can be used.

- Where do these agreements hold? (At home, at school, at a friend's house?)
- Where can devices be used/charged in the house? (On the kitchen table? In the child's room?)
- What time can technology be used and what time does it need to be shut down?
- Is there a maximum amount of screen time/device time per day? Is it the same on the weekends?

*What other questions or concerns might you have in this area?*

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### Balance

One of our Core Values at ISB is Balance. As families, it is important that we can make choices that will help us to lead a more balanced lifestyle while still valuing the things that are most important to us.

- When should the device be used for homework and when should it be used for entertainment?
- Should we have a limit on the amount of screen time each day or week? What about weekends?
- When will we have screen free times? (Ex: Dinner, 1 hour before bed, family outings)
- How much screen time is used for creative purposes like making music, videos and the completion of homework.? How much screen time is used for consumption purposes like watching movies, TV and gaming?

*What other questions or concerns might you have in this area?*

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## Checking In

It is important for students to understand that parents have the responsibility to check in on their children to ensure that they are healthy, safe, and properly looked after. This is no different with technology!

- How will a child share school work – homework, assessment results and feedback, etc. - with parents?
- How will parents monitor the child's devices and accounts? Will they check messages or internet browser history? How can parents keep their child's growing need for privacy in mind?
- How will a child share the variety of apps and websites they are using? Which ones are your favorites and why? Which ones are for learning and which ones are social?
- How will parents help their child think about privacy settings and passwords?
- Completion of homework. How much screen time is used for consumption activities like watching movies and gaming?

*What other questions or concerns might you have in this area?*

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## Responsible Behavior with Technology

It is important to have an agreed understanding about what responsible behavior with technology looks like in your family:

- Discuss your family rules for social networking and messaging. Who can you be communicating with online? What platforms can you use? What does it mean to be respectful and respected by others?
- What content is acceptable when using technology? Consider age ratings on games, music and videos.
- What about gaming? Is it ok to have games on your device/s? If so, which games and when can they be played? When and where can these games be played?
- When doing homework, is it ok to have Skype or other apps running in the background? What about music?

*What other questions or concerns might you have in this area?*

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