

## STARTING THE CONVERSATION ABOUT DIGITAL MEDIA



### WHY AND WHEN

Technology and digital media have become essential components of daily life. Children start with digital media at earlier ages and consume much more of it. As children's brains and social expectations are developing at this time, it is important to start the conversation early and talk often.



### HOW

This is a great opportunity to help your child learn how to make decisions and set boundaries. This is a conversation that includes both of you, but it is critical for them to have a voice in the process. They are more likely to follow the rules if they were part of the conversation. Ask which sites/apps they are visiting and why. Discuss rules and regulations for digital media use. Make sure you and your family are revisiting this conversation periodically. Below we have included an example of a digital media contract that can be useful for your family.





# DIGITAL MEDIA CONTRACT



## BASIC RULES

1. I will ask my parents before joining any digital media network.
2. I will give my parents my user names and passwords. I will not share them with anyone else.
3. I will allow my parents to set my parental control settings.
4. I will not post or share any personal information without my parents' permission.
5. I will follow the rules that my parents have set for me regarding digital media and discuss any changes that the contract may need.
6. I will follow the set times below for when it is okay to use digital media and when it is not.

## SET TIMES

WE AGREE I CAN USE DIGITAL MEDIA AT THESE TIMES:	I WILL NOT USE DIGITAL MEDIA AT THESE TIMES:

## CONSEQUENCES

I understand that if I break these rules, I will have the following consequences:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

I agree to the rules and consequences above and understand that these rules can change as digital media, my parents and I will change.

\_\_\_\_\_  
Parent(s) Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Child Signature

\_\_\_\_\_  
Date