DIGITAL FOR LIFE

PLAY IT FORWARD

Practise Healthy Digital Habits

Family Tech Agreement

Use a family tech agreement to set boundaries for tech and device use at home.

For ages 13 and up

Tips for Parents & Caregivers

- Make sure that your child is emotionally and mentally ready before introducing them to new experiences like **owning their first phone** or **social media.**
- Talk to your child about the importance of **parental controls** before using them. This helps your child recognise that these tools are meant to keep them safe while also encouraging open dialogue about their online activities.
- Educate your child about potential online risks, such as **screen addiction**, **cyberbullying**, and the importance of protecting personal information.
- Advise your child to check if what they're sharing is **T.H.I.N.K** (True, Helpful, Inspiring, Necessary, and Kind) and be **S.U.R.E** (Source, Understand, Research, Evaluate) before posting it online.
- Hold regular discussions about your child's online experiences. Encourage open communication so they feel comfortable coming to you with any concerns or questions.
- Revisit this agreement regularly to adapt it to your family's changing needs.

*Visit **www.digitalforlife.gov.sg** for more tips to keep your child safe online.*

DIGITAL FOR LIFE
PLAY IT FORWARD

Family Tech Agreement

This agreement belongs to _____ Date: _____

Online Safety is an ongoing conversation. To help everyone stay balanced, safe, and responsible online, it's important to agree on ways that devices and technology will be used in our family.

Stay Balanced

- Outside of schoolwork, I agree to use the computer/phone/tablet/ smart watch/television/game console for _____ hours during the weekdays and _____ hours during the weekends. ☐

- I agree not to use it during: (tick where applicable)

☐ Mealtimes ☐ Before bedtime ☐ Family activities

☐ Commuting to school/work etc. ☐ Exercise ☐ Others

DIGITAL FOR LIFE

PLAY IT FORWARD

Stay Safe

- I will create a safe space online by using privacy settings on social media or gaming platforms. Some parental controls may be used on my devices and accounts to keep me safe. ☐
- I will use apps we've agreed on and check with my parents/ caregivers before downloading new ones. ☐
- I will block and report if I encounter uncomfortable and unwanted situations online. ☐
- I will not engage with people online whom I don't know in real life. ☐
- If I come across something that makes me feel uncomfortable, I will talk to my family about it. ☐

DIGITAL FOR LIFE
PLAY IT FORWARD

Stay Responsible

- I will protect my personal information and avoid sharing it online, including my name, NRIC, address, school, and phone number. ☐
- I understand that my online interactions can impact others. I will treat everyone with kindness and respect, and think before I act. ☐
- I will think about what I see online and verify if it's true before believing or sharing it. ☐

By signing below, I agree to follow these guidelines to remain balanced, stay safe, and behave responsibly online.

Child's signature:

Parent/Caregiver's signature: