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Practise Healthy Digital Habits

Family Tech Agreement

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

For ages 6 and below

Tips for Parents & Caregivers

- According to **MOH's Screen Use guidelines**, children aged 1.5-6 years old should have less than 1 hour of screen use a day outside of school.
- Check content ratings to ensure the content is age-appropriate before sharing it with your child. Where possible, watch content together and discuss it with them.
- Always activate **parental controls**, **curate content** for your child, and **share mindfully** online.
- Lastly, be your child's role model. The way you use tech shapes how your child will too.

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

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Family Tech Agreement

This agreement belongs to _____ Date: _____

I will ask for permission before I use the device (e.g. computer/phone/tablet/smart watch/television/ game console).

I will use the computer/phone/tablet/smart watch/ television/game console for _____ minutes every day. I will stop playing or watching when my time is up.

I will put away the computer/phone/tablet/smart watch/ television/game console during mealtimes.

I will not use the computer/phone/tablet/smart watch/ television/game console one hour before bed.

If I see or hear something on the computer/phone/tablet/ smart watch/television/game console that makes me feel worried, scared or sad, I will tell my family.

Child's handprint/name:

Parents/Caregiver's thumbprint/name: