

# Rules for Video Games and Screen Time

I will play my video games for a period of time that my parents and I have discussed and agreed upon.

Weekdays:

Weekends:

Holidays:

I will ask my parents permission before I play on any device.

I will get a warning when I have 10 minutes left to play my games. In that time I will finish or save my game.

I will not argue when my time is up. If I do, I will lose my game time the following day.

All technology will be shut off (and turned in to my parent) by \_\_\_\_\_. If a device is not turned in or is used without permission consequences will occur.

My parents can and will monitor all use of technology within the house, and are able to access my accounts and devices at any time.

Before I play online with other players, I will always tell my parents first.

If someone is being mean or inappropriate to me or someone else while I am using technology, I will not respond and then I will tell my parents immediately with the understanding that I will not get in trouble.

I will follow the privacy settings determined by my parent(s), and will not communicate with anyone I do not know. If someone con-tacts me who is not approved or I do not know, I will talk with my parent(s) before communicating with that person.

I will not publicly post any of my personal information. Personal information includes, and is not limited to: my last name, address, phone number, name of my school and/or information about my family members.

I will check with my parent(s) before downloading any software or apps.

This agreement is in place for my own well-being and safety. If I do not follow the rules then mom and dad have the option to take away the games for a period of time specified by them.

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Signature