

Family Device Rules Template

Template · An Age-Appropriate Family Contract For Device Use.

Adopt as-is or customise to match your family. Discuss with each kid at their level. Sign together. Revisit annually as kids grow.

Family Header

Family name: _____ · Effective date: _____

Annual review date: _____

General Rules (All Family Members)

- Devices stay out of bedrooms after [time, e.g., 9 PM] unless specifically permitted.
- No devices at the dinner table.
- Charging stations are in [common area, e.g., kitchen]. Devices charge there overnight.
- Passcodes / passwords are not shared with anyone outside the family.
- If something online makes you uncomfortable, tell a trusted adult — no shame, no punishment.

Rules For Children Ages 6-9

- All app installs require parent approval.
- All accounts are family-supervised. No private accounts.
- Screen time limited to [X] minutes per day on weekdays, [Y] on weekends.
- Only approved apps and websites.
- Voice assistants used with parent supervision only.

Rules For Children Ages 10-13

- Social media accounts require parent approval and follow.
- Friend requests / messages from strangers are reported to parents.
- Photos / videos shared online require parent review first.
- Screen time limited to [X] hours total, with [break schedule].
- Gaming chat (Roblox, Fortnite, Minecraft) only with known friends.

Rules For Teens Ages 14-17

- Privacy settings on every social account reviewed with a parent at signup.
- Sharing nude / explicit images is illegal under 18 — even of yourself.
- Sextortion is a known scam. Tell a parent immediately if pressured. No shame, no consequences for telling.
- Online relationships are watched together — strangers asking for video calls are red flags.
- Driving + phones don't mix. Phone in glovebox while driving.

Consequences For Breaking Rules

First violation: _____

Second violation: _____

Serious violation (cyberbullying, illegal content, etc.): _____

Honest mistakes told to parents promptly: NO punishment — that builds trust.

Sign-Off

Parent signature: _____ Date: _____

Parent signature: _____ Date: _____

Child name: _____ Signature: _____ Date: _____

Child name: _____ Signature: _____ Date: _____

Child name: _____ Signature: _____ Date: _____

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The 7-Day Cybersecurity Mastery Email Course.

One short email per day for a week. By Friday you'll have hardened email, passwords, MFA, devices, and your home network.

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