



Family Cell Phone & Digital Covenant:

All family members old enough to use digital devices will sign this covenant. As a parent I too agree to use all of my devices with honesty and integrity.

By signing this covenant the person signing understands that boundaries on digital use are not about “trust” they are about “accountability.” We know that it says in Psalm 139 that God knows everything about us:

“O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I’m far away. You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, Lord.” (Vs. 1-4)

In other words even when no one else is watching, God already knows. He holds us accountable to learning what it means to live a life closer to Him. My job as your parent is to help you learn to make good choices, stay safe and understand that accountability is life long.

Part of learning to live a life full of honesty, safety and integrity is to allow ourselves to have guidelines and trust that those putting these in place love us and want what is best for us. For this reason we understand there are consequences to breaking this covenant.

These consequences include:

- 1.
- 2.
- 3.

For this reason I agree to do the following:

1. I agree to follow all “house” rules and guidelines on when and how I am allowed to use any online, or digital device. (This includes but is not exclusive to cell phones, tablet devices and computers.)
2. I understand there are times of the day when we as a family will “unplug.” I agree to these times without complaining.
3. I will not search for, access, look at, download, copy, post, or send any inappropriate content, photos, or other material. This includes anything that contains vulgar language, poor jokes or sexual content. If you have to ask, “Is this inappropriate?” Chances are the answer is yes, and don’t do it.
4. I will obey all age limits for any app, game, social networking site or anything online.

5. I understand that when posting or sending a picture of myself I will ask myself these questions: “Would I show it to a grandparent? Would I show it to a pastor? Would I show it Jesus if he were physically sitting next to me? If I am honest will I regret this picture getting out into public?”
6. I will not share any personal or private information about myself including my address, birth-date, social security number, phone number or any information that only immediate family members should know.
7. I will not share my location of where I am on any public forum over the course of a day.
8. I will not interact with anyone I do not personally know in texts, snap-chat, email, instant messages, or online forums. I will also remove myself from group chats involving people I do not know.
9. I will never say I will, arrange to or meet anyone in person that I have only met online, via text or in a social network.
10. I know that when it comes to strange, hurtful or uncomfortable advances made by others in the form of bullying, sexual messages, or stranger requests to meet in person, I must tell my parent. I trust that I will not “get in trouble” and they will help keep me safe.
11. I will not purchase or download even “free” apps, games, programs, products or services online or on any digital device (including a phone) without a parent’s permission.
12. I will not use any device for “sexting” or other sexual advances with anyone. I agree to never send a picture of any of my naked “private parts” to anyone in anyway.
13. I understand that the only way something private can not be shared is to either, not write it down or not take the picture or keep it on my private device. There is no such thing as an “anonymous” application. There is no such thing as a truly disappearing thought or picture when it is shared in any capacity. If you have to ask, “Is this wrong?” It is.
14. I will not intentionally lie, deceive, or lure anyone through any digital device, app or online.
15. I will obey all copyright laws and not illegally download or upload any media content like music or movies.
16. I will not use the internet to plagiarize information.
17. I will adhere to and obey all of my school’s, youth group’s, church’s or any other activities rules for cell phone use.
18. I will never text or use apps on my cellphone while driving. I will adhere to all hands free laws when talking on the phone.
19. I will not bully, intimidate, manipulate, harass or make anyone look bad through any public or private forum.

20. I adhere to the use of all online restrictions and filters and will not bypass them in any way.
21. I will not text, use a social network, public or private forum when I am angry, upset or hurting to “get back” at anyone. I understand that just because my feelings have been hurt by someone, the digital world is not a place to retaliate.
22. I will always be thoughtful and kind in how I communicate to others, only saying what I would be willing to say to them face-to-face.
23. I will not say things online that are manipulative, gossip or taint anyone’s reputation in any way.
24. I understand these rules do not only apply at home or on my personal devices but anywhere and everywhere I can and do go online.
25. I understand my parents will check my devices and online forums. They will be looking at all of my online interactions. I trust this is for accountability.
26. I understand that my parents will have access to all of my social networking sites. (For example Instagram) and they are invited to “friend” or follow me in all of my interactions.
27. I agree to my parents guidelines about keeping certain social networking profiles, “private” and will not allow anyone I do not know to follow me.
28. I will not create any “secret” online profiles under another name or false identity in order to deceive my parents or anyone else.

Again, I understand that violating any of these rules may result in the consequences above or the total loss of privileges to go online in any way. It also means I may lose the use of technology including cell phones, tablets and online gaming systems.

My Signature

Date

Parent(S) Signature(S)

Date