

DIGITAL USE AGREEMENT

BY DR ALEX RODRIGUES



| _____



WRITE YOUR NAME HERE

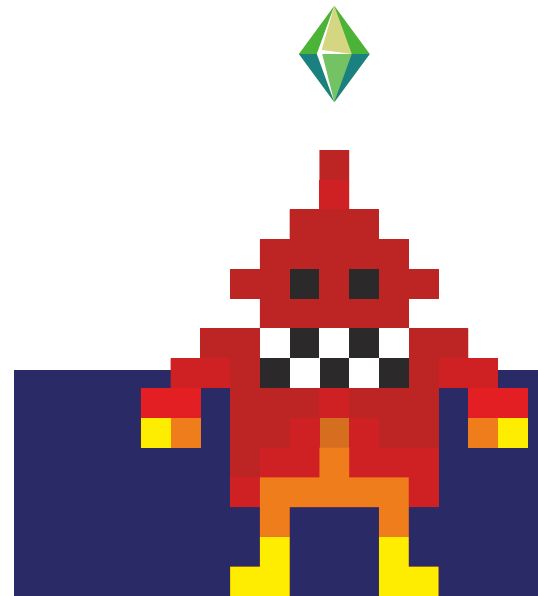
AGREE TO

THESE SCREEN TIMES

- PLAY VIDEO GAMES A MAXIMUM OF _____ HOURS A DAY ON WEEK NIGHTS
- PLAY VIDEO GAMES A MAXIMUM OF _____ HOURS A DAY ON WEEKENDS
- A 10-MINUTE WARNING MEANS I AM RESPONSIBLE TO FINISH OR SAVE MY GAME
- I WILL NOT PLAY VIDEO GAMES PAST _____ O'CLOCK BECAUSE IT AFFECTS MY SLEEP



GAME
OVER





VIDEO GAMES

APPROPRIATE CONTENT

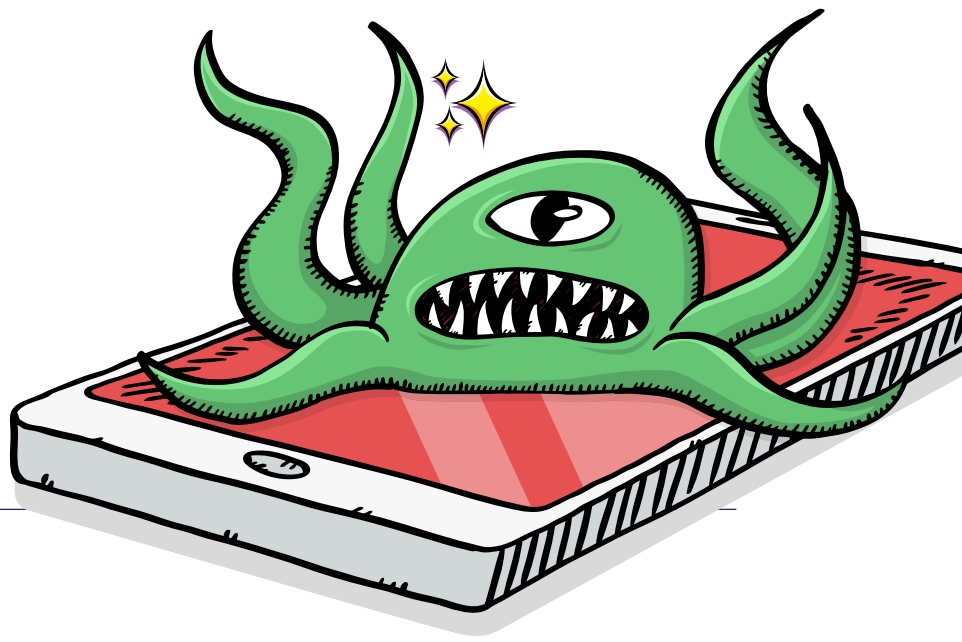
I CAN PLAY GAMES THAT ARE RATED:

- | | |
|---|--|
| <input type="checkbox"/> EC (EARLY CHILDHOOD) | <input type="checkbox"/> M (MATURE) |
| <input type="checkbox"/> E (EVERYONE) | <input type="checkbox"/> AO (ADULTS ONLY) |
| <input type="checkbox"/> T (TEEN) | <input type="checkbox"/> RP (RATING PENDING) |

VIDEO GAMES THAT I AM NOT ALLOWED TO PLAY AT MY HOME OR ANYONE ELSE'S HOME INCLUDE:



SAFETY



- I WILL NOT GIVE AWAY ANY PERSONAL INFORMATION SUCHAS MY FULL NAME, DATE OF BIRTH, ADDRESS, PHONE NUMBER OR PHOTOS WITHOUT PERMISSION.
- I WILL NOT SHARE MY LOCATION WHILE PLAYING THESE GAMES.
- I WILL NOT SHARE MY PASSWORDS WITH ANYONE OUTSIDE MY FAMILY.
- I WILL ALLOW MY PARENTS TO ADJUST THE PRIVACY SETTINGS ON MY VIDEO GAMES AND MONITOR MY ACTIVITY FOR MY SAFETY.
- IF ANYONE PRESSURES ME OR MAKES ME FEEL UNCOMFORTABLE, I WILL STOP TALKING TO THEM AND TELL A FAMILY MEMBER OR TRUSTED ADULT.

SOCIAL SHARING

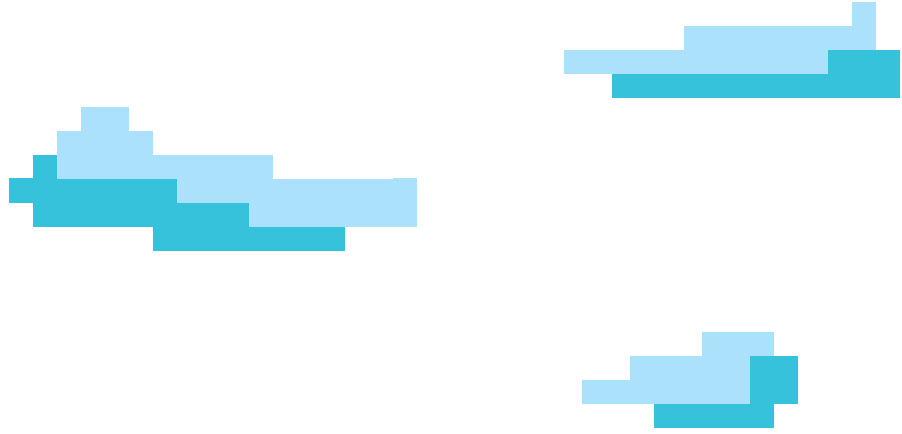
- I WILL NOT BE HURTFUL OR MEAN TO OTHERS ON SOCIAL MEDIA. THIS INCLUDES POSTING, COMMENTING, MESSAGING, OR LIKING MEAN AND/OR HATEFUL CONTENT.
- IF I AM CYBERBULLIED, I WILL BE OPEN AND HONEST WITH MY PARENTS AND TELL THEM ABOUT THE ISSUE SO THAT WE CAN DEAL WITH IT AS A TEAM.
- I WILL NOT SHARE ANY CONTENT THAT IS TOO REVEALING. THIS INCLUDES POSTING OR SENDING PHOTOS THAT ARE TOO PERSONAL OR INNAPROPRIATE MESSAGES.



CONSEQUENCES

- I UNDERSTAND THAT ACCESS TO THIS DEVICE IS A PRIVILEGE AND BREAKING THIS AGREEMENT WILL LEAD TO THE FOLLOWING CONSEQUENCES:





DIGITAL BIRDS & BEES

BY DR. ALEX RODRIGUES