



FAMILY CONTRACT

FAMILY RULES
FOR GOOD DIGITAL WELLBEING

SIGNATURES

This contract was agreed and signed by all family members:

DEADLINES

The new rules will be tested and reviewed by (date):

HOW TO

Key points to consider:

- Include challenges and needs of all family members
- Include ideas of all family members
- Make your rules smart (specific, measurable, achievable, realistic, timely) - consider what can get in the way of following the rules too
- Explore other formats - posters, drawings, collage...have fun!

Remember: rules are only fair if they apply to everyone!

1. WORK

- **Our challenges and needs:**
- **Our ideas:**
- **Rule 1**
- **Rule 2**
- **Rule 3**

3. PLAY

- **Our challenges and needs:**
- **Our ideas:**
- **Rule 1**
- **Rule 2**
- **Rule 3**

3. REST

- **Our challenges and needs:**
- **Our Ideas:**
- **Rule 1**
- **Rule 2**
- **Rule 3**