



# FAMILY CONTRACT

FAMILY RULES  
FOR GOOD DIGITAL WELLBEING

## SIGNATURES

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This contract was agreed and signed by all family members:

## DEADLINES

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

## HOW TO

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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

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

## 3. PLAY

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

## 3. REST

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