

OUR FAMILY TECHNOLOGY BOUNDARIES

Using Technology with Purpose, Self-Control & Wisdom

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 TELEVISION • Use only for approved shows and movies. • No TV during meals or family time.	 PHONES • Phones are for communication and useful purposes. • No phones at the dinner table or in bedrooms after bedtime.
 MUSIC • Listen to music that honors God and builds up. • Avoid lyrics with profanity, violence, or impure messages.	 YOUTUBE • Watch only approved channels and content. • Always ask before watching anything new.
 SOCIAL MEDIA • Use wisely and kindly, No gossip, bullying, or comparison. • Accountable to parents at all times.	 VIDEO GAMES 1 HOUR TOTAL PER DAY – WEEKENDS ONLY • Time includes all devices and all games. • Screen time is earned through responsibility.
 CHURCH • Sunday worship and church activities come first. • Technology does not replace our faith or fellowship.	 END-OF-DAY ROUTINE • Phones and devices returned by _____ pm. • No phones in bedrooms overnight. Charge in the family charging station.

 WHEN A RULE IS BROKEN – CHOICES HAVE CONSEQUENCES	
OUR RESPONSE PROCESS 1. We speak the truth in love. 2. We listen and seek to understand. 3. We agree on the choice and consequence. 4. We reset and move forward together.	POSSIBLE CONSEQUENCES • Loss of technology time • Device taken away for a set time • Extra chores or service to the family • Review of boundaries together.

The LORD detests lying lips, but he delights in people who are trustworthy. – Proverbs 12:22

 TRUST & FREEDOM RESPONSIBILITY I do what is right, even when no one is watching. TRUST Trust grows when I am consistent and dependable. FREEDOM More trust leads to more freedom and wise choices.	 OUR FAMILY COMMITMENT WE WILL... • Model wise technology use • Encourage and support each other. • Talk openly and without judgment. • Keep God and family first.	 WE WILL NOT... • Use technology to harm or divide. • Allow screens to replace real relationships. • Ignore our boundaries or make excuses.
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MY PERSONAL COMMITMENT

I understand these boundaries and choose to follow them with integrity.

Signature



FAMILY AGREEMENT

NAME	SIGNATURE
1. PARENT/GUARDIAN	
2. PARENT/GUARDIAN	
3. CHILD	
4. CHILD	
5. CHILD	

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. – Galatians 5:22-23

WE ARE IN CONTROL OF TECHNOLOGY.
TECHNOLOGY IS NOT IN CONTROL OF US.

THE FAMILY TECHNOLOGY & RESPONSIBILITY AGREEMENT



For Our Family

Verse: "Whatever you do, work at it with all your heart, as working for the Lord." — Colossians 3:23



1. A Message from Mom & Dad.

We love you and want God's best for you in every area of your life—including how you use technology. Our goal is not to take away your fun, but to help you grow in wisdom, self-control, and responsibility. Together, we can build healthy habits that honor God and strengthen our family.



2. What Does the Bible Say?

God calls us to live free and purposeful—not controlled by anything.

"I will not be mastered by anything."

— 1 Corinthians 6:12

- I can enjoy technology without letting it control me.
- I can choose what is helpful, not just what is fun.
- I can set limits and keep them.
- I can put God and my responsibilities first.
- I can grow in self-control by the power of the Holy Spirit.



3. What Does "Not Being Mastered" Mean?

It means technology is a tool, not a master. We use it wisely, in its proper place, and never let it pull us away from God, our family, or what matters most.



4. Why Mom & Dad Are Doing This.

We are raising you for the long run—to walk with God, make wise choices, and live a life of purpose. Healthy boundaries today build freedom, focus, and strong character for tomorrow.



5. We Want You to Learn How To...



Manage Your
Time Wisely



Make Wise
Choices Online



Set Limits and
Stick to Them



Use Technology
for Good



Honor God in
All You Do



6. Our Family Values

Self-Control • Responsibility • Wise Use of Time • Honor • Growth

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7. Responsibilities Come First — Be Busy, Don't Be Bored

Take care of your responsibilities before your screen time.

DAILY RESPONSIBILITIES CHECKLIST:

- ☐ Personal Devotion & Prayer
- ☐ Schoolwork & Learning
- ☐ Chores & Helping at Home
- ☐ Physical Activity & Health
- ☐ Family Time & Relationships
- ☐ Honoring God in All Things

WHEN YOU DON'T KNOW WHAT TO DO:

- Check your responsibilities.
- Read, create, or learn something new.
- Help someone in your family.
- Move your body and get outside.
- Spend time with God



SPIRITUAL GROWTH: "But seek first his kingdom and his righteousness, and all these things will be given to you as well." — Matthew 6:33