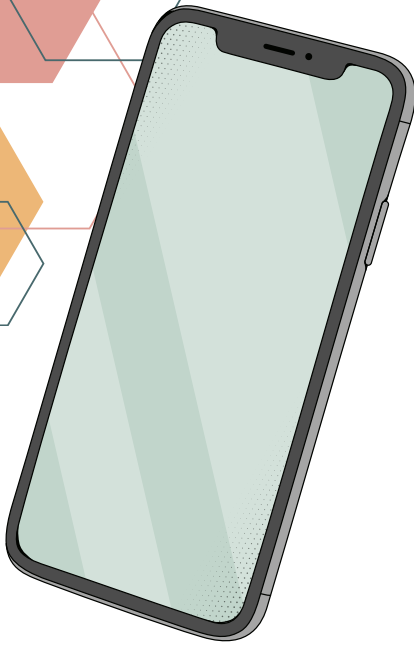


A NOTE TO PARENTS:

Hi! What a time to raise kids right? It can be overwhelming and scary. This is meant to be a guide for parents allowing healthy tech use in the house. You can do this even after you've already entered the world of smart devices. It is never too late to reset. We are passionate to empower families to balance their time by remembering to LookUp from their devices more often.

We have created this agreement from years of working with today's youth and what we find to be most important for expectations and goals as a family. Also, as parents ourselves, we know it's important to keep it practical and realistic!



LookUp offers programs and workshops to help you navigate screens in the safest and healthiest way possible for your family. This tech agreement is only one piece needed when protecting our kids online.

Check out www.lookupnonprofit.com for more information!

Did you know one of our founders is a published author about this topic? Check out Tessa's ground-breaking work in For The Sake of Our Youth: A Therapist's Perspective on Raising Your Family in Today's Culture today!

SOME HELPFUL TIPS BEFORE WE GET STARTED:

Communication and Sharing Goals is most important for families to be successful.

Allow your child to contribute to the conversation with ideas for lifestyle changes.
and above all else, you must **follow through!**

FAMILY CODE WORD

This is meant to be used when anyone within the family (even parents) are on their device during inappropriate times, during chances to connect or maybe a little too much. Choose this word as a family and be prepared to use it and be called out with it!-- if you absolutely must be on your device when the word is called out, respectfully explain why you need to finish what you are doing and then quickly put your device down when you are finished.

**this code word is meant to signal "hey! i need your attention/quality time!"*

INVEST IN MONITORING

a monitoring program such as bark and a mesh router such as the Gryphon is very helpful for parents.

Just know that giving your child a device opens up a lot of doors into the world wide web and it will be exhausting and overwhelming to monitor-- but needed.

These can help with the exhaustion part!

Kids can get around almost anything.

LOOKUP AGREEMENT

GUIDELINES FOR SAFETY AND HEALTHY USE

GOALS WITH YOUR NEW DEVICE

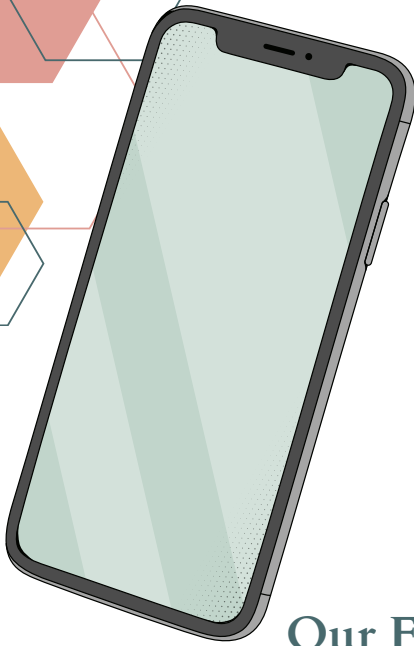
1. Communication
2. Balance
3. Safety
4. Used for Productivity

SUGGESTED EXPECTATIONS

1. **Open Communication:** You deserve privacy, but we don't want secrets. Passcode sharing is a must—this phone is a privilege, not a right, and we have purchased this for you. It is our phone that you are using on loan.
2. **Answering:** If I am calling, you answer it. Don't ever ignore a call from me (us). There is purpose behind my (our) phone call to you.
3. **Shut Down Time:** Device will "go to bed" every evening at ____pm. It will be shut off for the night and turned back on at ____am. Go ahead and turn it into me and I'll be sure it's charged and ready to go for tomorrow.
4. **School:** You still need to talk to people face to face and not have distractions. You may have it at school but kept in your backpack or locker until the last bell rings.
5. **Friends:** Get their numbers, share your number with them. But do not exclude friends who don't have a device yet. Keep them in the loop and go out of your way to include them in real life.
6. **Damage Control:** You break (or lose), you buy (replace, repair); if you are in an uncomfortable social situation, text with this emoji ____ and I will know what it means and come get you- no questions asked!
7. **Harm:** Harmful behavior towards others (lie, deceive, fool or hurtful words) is not permitted. Be a good human first. Watch your cyber actions.
8. **Social Media:** This device is the first step. You aren't ready for Snapchat, Instagram, TikTok or anything new that comes up. We will let you know when that is an option.
9. **Mistakes:** With a device like this, you will likely see something that is inappropriate. You will never get in trouble when you come talk to us about something you've seen that maybe you shouldn't have. Stay honest and we will continue to support and answer questions. You will mess up at times and I may need to take this device away from you. We will always sit down and talk about it. You will have the chance to start over.
10. **We allow tech as long as it doesn't interfere with our family's balance and loving lifestyle: healthy sleep, healthy interaction, prioritizing responsibilities, respectful tone, safety and productivity.**

LOOKUP AGREEMENT

GUIDELINES FOR SAFETY
AND HEALTHY USE



GOALS WITH YOUR NEW DEVICE

1. Communication
2. Balance
3. Safety
4. Used for productivity, not a toy.

Our Family Code Word:

We are all learning together. I am on your team and I want to hear your thoughts and ideas for this to run smoothly:

_____ 'S GUIDELINE SUGGESTIONS

(INSERT CHILD'S NAME)

LOOKUP AGREEMENT

Our Family Code Word:

GOALS WITH YOUR NEW DEVICE

1. Communication
2. Balance
3. Safety
4. Used for productivity

EXPECTATIONS

1. Open Communication: (1).

5. Damage Control: (1, 3, 4)

6. Friends: (1, 2)

2. Answering: (1, 3)

7. Online Conflict: (1,3,4)

3. Shut Down Time: (2, 3, 4)

8. Social Media: (2,4)

4. School: (2,4)

LOOKUP AGREEMENT

Our Family Code Word:

GOALS WITH YOUR NEW DEVICE

1. Communication
2. Balance
3. Safety
4. Used for productivity

EXPECTATIONS

9. Misuse & Mistakes: (3, 4).

10. Final Thoughts & Family Plan: (1,2, 3,4)