My.U.P.

My Tech Use Policy

Template created by

2011 8th grade health classes

1. **Tech Curfew:** Whether or not I have finished my homework, I will shut down by \_\_\_\_\_\_\_\_\_ p.m. on school nights and \_\_\_\_\_\_\_\_\_\_\_\_\_\_p.m. on the weekends.
2. **Time** **Limit:** Outside of school, I agree to use technology for no more than \_\_\_\_\_\_\_ hours a day on weekdays and \_\_\_\_\_\_\_\_ hours a day on the weekends.
3. **Breaks and Breathers:** For every \_\_\_\_\_\_\_\_\_ minutes I’m on the computer, I will take a \_\_\_\_\_\_\_\_\_ minute break.

\*\* Some possible things I could do during these breaks are:

1.

2.

3.

4.

1. **Family Agreements:** Our family has these agreements when it comes to the following programs (gaming, Skype, Facebook, TV shows, etc.)…

* 1. When it comes to \_\_\_\_\_\_\_\_\_\_\_\_\_, we’ve agreed that:
  2. When it comes to \_\_\_\_\_\_\_\_\_\_\_\_\_, we’ve agreed that:

1. **Time Management:** My biggest tech distraction is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. To help me keep it under control, I will…

My Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_