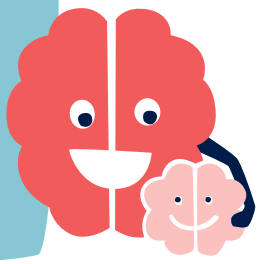
Mentally fit tech habits family agreement

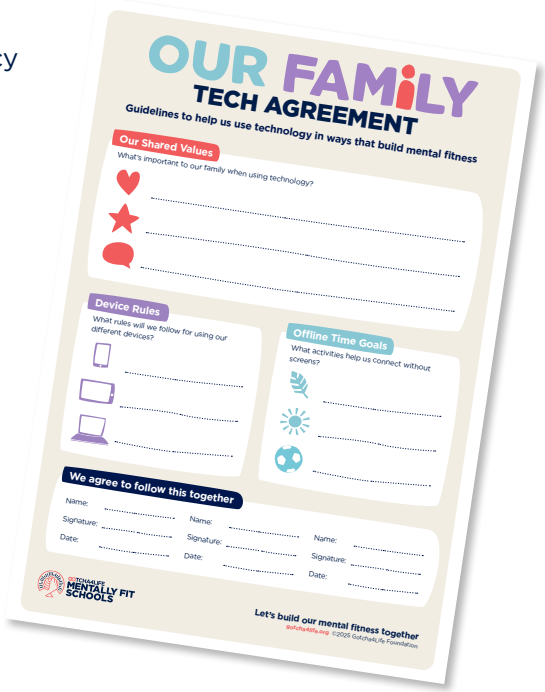


Parent Resource

This resource has been developed in collaboration with digital safety advocate, Yasmin London.

This simple guide helps parents build their child's digital literacy and mental fitness, the everyday skills that help them manage emotions, stay connected, and ask for help when things get tricky online.

Use this poster to set shared values and clear device rules that everyone can agree on and follow together.



A special thanks to Yasmin London for her collaboration on these resources. Yasmin London is Australia's foremost digital safety advocate and the founder of First Movers Co., a brave leadership and education practice empowering individuals and organisations to thrive in a tech-driven world. For more information, visit yasminlondon.com

Please note: This resource has been developed in collaboration with Yasmin London and is intended for general information purposes only. It's not a substitute for professional advice. Gotcha4Life does not offer counselling or crisis support.

If you have concerns about your child's wellbeing, please speak with your GP or a qualified health professional. You can also explore a range of free, trusted supports and information at gotcha4life.org/help-resources. For direct support, Kids Helpline offers free, confidential counselling for young people aged 5 to 25. Call 1800 55 1800 or visit kidshelpline.com.au.

OUR FAMILY TECH AGREEMENT

Guidelines to help us use technology in ways that build mental fitness

Our shared values

What's important to our family when using technology?

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Device rules

What rules will we follow for using our different devices?

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Offline time goals

What activities help us connect without screens?

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.....

.....

We agree to follow this together

Name:	Name:	Name: .....
Signature:	Signature:	Signature: .....
Date:	Date:	Date: .....

