



SMART CHOICES FOR YOUR COX DIGITAL HOME

TAKE CHARGE! FAMILY CONTRACT

This family contract establishes media use ground rules for our home. Clearly defining these limits helps (name of child/children) and our entire family make smart TV, Internet and Phone choices.

TV

- I will watch only TV programs and movies that my parents feel are appropriate for me – even when I’m not at home or my parents are not around.
- I will respect and comply with the parental control settings in my home at all times.
- I will watch no more than (insert number) hours of non-educational television each day and only after completing my homework.

**Insert any additional TV rules created by you and your kids together.*

Internet

- I will use only chat rooms and Web sites approved by my parents.
- I will never give out any of my personal information online or use a screen name that tells people I’m a child.
- I will never meet an online "friend" face-to-face.
- I will never respond to offensive or dangerous e-mails, chat, or other communications. If I receive any upsetting or scary messages, I will tell my parents immediately.

**Insert any additional Internet rules created by you and your kids together.*

Phone

- I will never talk to strangers on the phone or in person. If I don’t recognize the caller, I won’t tell them any personal information or reveal if I’m home alone.
- If a phone call upsets or scares me, I will give the phone to my parents or hang up immediately and tell my parents what happened.
- I will not call any 900 or 976 phone numbers without the permission of my parents.

**Insert any additional telephone rules created by you and your kids together.*

Signatures:

Parent(s): _____ Date: _____

Child: _____ Date: _____

Child: _____ Date: _____

Family Contract Usage Tips

- 1. Customize the highlighted sections (or any portions) of this document. Keep your wording as precise as possible to prevent any misunderstandings.*
- 2. Specify rewards and consequences. For example, your child would lose TV watching privileges for a designated amount of time for breaking the rules. Likewise, you could create a reward system with items such as extra allowance for compliance.*
- 3. Start by asking your child to establish the rules, consequences and rewards to encourage a sense of ownership. They are more likely to respect the limits if they helped create them.*
- 4. Don't hesitate to enforce the family contract. Evaluate your child's behavior regularly and talk about their TV, Internet and phone usage.*