

Family tech pledge

As a family, we want to make time to eat, talk, laugh, hug, plan and have fun together.

We want to manage and control our devices, so that they don't manage and control us.

Our family's rules always come first, wherever we go and whatever we do!

This is how we want to use, and how we don't want to use, our devices:



Be in Touch
SAFER SANER KIDS



www.beintouch.org.za

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HOW MUCH we use our devices:



WHAT we use them for:



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WHERE we use them:



WHEN we use them:



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WITH WHOM we use them:



HOW we use them:



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What happens if we
break our pledge?

A large, empty white rectangular area with rounded corners, intended for writing the consequences of breaking the pledge.

