



Internet Usage Contract

By Jim Burns, Ph.D.

The arts have a tremendous influence on us – especially our children. What they see, hear and read often shapes behavior patterns in kids and young adults . . . but not always for the better. So, what can we, as parents, do about monitoring how influential these outside forces will be in the lives our children?

Well, it's been my experience that verbal arrangements can be pretty easy to manipulate or break altogether. That's why I'd recommend establishing firm boundaries in these key areas, and then putting them in *writing*.

I've listed a couple of sample **Media Contracts** below. You can either use them as a model for creating your own, or download them and use them as is. Either way, you will then have a printed standard by which you both agree how the media is to be used in your home . . . and any other changes will have to be made in writing also!

Internet Usage Contract:

The average amount of time I will spend online will be no more than ___ hours per day. I will limit my web surfing to educational, Christian or other family-friendly sites only. Unsolicited email and forwards with attachments will be deleted unopened. Internet filters will be used at all times.

(For more information about how to keep the internet a positive experience for your kids, check out our free tip sheet [“How to Keep the Internet Safe, Educational and Fun”](#).)

The Music Agreement:

Number of hours music can be played in the home _____ per day/week.

_____ are the only acceptable styles of music to be listened to anywhere (home, car, school, friends house).

I may not attend any concerts where (*names of groups*) are playing.

TV/Movie Viewing Contract:

The average amount of time the TV can be on in our home is ___ per day/week.

Television programs with ratings of _____ are not acceptable in our home.

_____ are not acceptable TV programs in our home.

The movie ratings that are available for each family member to view are _____ only.

The family agreement about MTV is _____.

(Same for VH1 or any other music video channel.)

An example of a TV program that could be a fun family weekly date is _____.

A movie that supports the biblical standards of our family is _____.