

Our Study-Time Technology Agreement

Clear, shared rules work better than a ban. Parents sign too.

Student: _____

Date: _____

1. Our Agreed Rules (tick each one you both agree to)

- ☐ Phones stay away from the study desk during focused sessions, unless needed for learning.
- ☐ Non-essential notifications are turned off while studying.
- ☐ Entertainment and social media are allowed only at the times we agree below.
- ☐ I study with one clear learning goal, not with many unrelated tabs or videos open.
- ☐ Devices stay out of the bedtime routine.
- ☐ Parents follow similar rules during study time and bedtime.

2. Our Details

My phone will be kept at: _____

Notifications off from: _____ to _____

Entertainment time allowed: _____ to _____ (on school days)

Weekend entertainment time: _____ to _____

Devices leave the bedroom at: _____ p.m.

Useful learning apps or sites we agree on: _____

3. If the Rules Are Not Working

Instead of adding stricter rules, we will talk first. What is making it hard to follow them?

We will review this agreement again on: _____

4. Signatures

Student: _____ Parent / Guardian: _____

Tip for parents

Online learning works best when it ends in practice. After a video or an AI explanation, ask your child to solve questions and write answers independently. Check important explanations against textbooks, teachers, or official resources.