



CONTRACT

FOR DIGITAL CITIZENSHIP

A Contract for Health and Safety between Parent and Child

Date: _____

CHILD

- **I agree to always ask you for help, explanation, advice and information regarding anything I can't handle myself on the Internet and computer/video gaming platform.**
- **I agree to abide by safety and health precautions as outlined between you and myself and to never meet anyone without your knowledge.**
- **I agree to discuss and solve any problems that arise from meeting your needs and mine.**

Signed _____

PARENT

- **I agree to discuss and solve any problems that arise from meeting your needs and mine.**
- **I agree to never confiscate your cellphone, TV, Computer, MP3 Player, or Video Game Console without your consent.**

Signed _____

Judy Arnall is an international award-winning peaceful parenting speaker, and bestselling author of **“Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery”** and the new DVD **“Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love.”** She is also author of the new book, **“The Last Word on Parenting Advice.”** www.professionalparenting.ca 403-714-6766 or jarnall@shaw.ca
Judy is also co-founder of Attachment Parenting Canada www.attachmentparenting.ca
403-667-4557

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