



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

Permission to reprint this article is granted if the byline is reproduced in its entirety.
Article content may be edited for publication space limitations.