

Launch Codes Family Technology Agreement

Technology Is a Tool, Not a Master

Our family believes that technology is a powerful gift when used wisely. It can help us learn, create, communicate, and enjoy life. But it can also distract us, isolate us, and weaken our character if we allow it to control us.

The purpose of this agreement is not simply to create rules. It is to help each member of our family develop the maturity, discipline, and wisdom needed to use technology well.

As trust grows, freedom grows.

Our Family Commitments

1. People Come Before Screens

When someone is talking to us, we give them our full attention. Phones are put away during conversations, meals, family activities, and other moments when people deserve our presence.

2. Sleep Is More Important Than Screens

All phones, tablets, smartwatches, and gaming devices remain outside bedrooms overnight.

Devices are placed in a family charging station by _____ p.m. each evening.

Good sleep helps us think clearly, regulate emotions, and become our best selves.

3. School and Responsibilities Come First

Homework, chores, physical activity, and family responsibilities are completed before recreational screen time.

Entertainment is a privilege—not a substitute for responsibility.

4. We Think Before We Post

Before posting or sending anything online, we ask:

- Is it true?
- Is it respectful?
- Would I be comfortable if my parents, grandparents, teachers, or future employer saw this?
- Does this reflect the kind of person I want to become?

Our online character matters just as much as our offline character.

5. We Choose Entertainment Carefully

We understand that what we repeatedly watch, listen to, and play shapes our attitudes, values, and habits.

We strive to choose media that encourages courage, respect, honesty, kindness, and self-control rather than cruelty, vulgarity, or exploitation.

6. We Protect Our Minds

We recognize that social media is designed to capture our attention.

If we notice that technology is making us anxious, angry, distracted, lonely, or unmotivated, we will talk honestly about it and make changes.

Real life will always be more important than digital life.

7. We Respect Others Online

We will never use technology to bully, embarrass, spread rumors, or humiliate another person.

Behind every screen is a real human being deserving of dignity and respect.

8. Parents Stay Involved

Parents have both the right and the responsibility to know how technology is being used.

This may include reviewing apps, messages, browsing history, privacy settings, or screen-time reports when appropriate.

This is not about spying.

It is about coaching.

9. Freedom Is Earned

As we demonstrate maturity, honesty, responsibility, and wise judgment, we will receive greater freedom and fewer restrictions.

Trust is built one decision at a time.

10. We Remember Our Mission

Our goal is not simply to avoid bad choices.

Our goal is to become men and women of character.

Technology should help us live meaningful lives—not replace them.

Our Family Pledge

We agree to use technology in ways that strengthen our minds, deepen our relationships, and reflect our character.

When we make mistakes, we will be honest, accept responsibility, and work to rebuild trust.

We believe that true freedom comes from self-discipline.