

**JANELL BURLEY
HOFMANN**

CONTRACT COLLECTION

**HOFMANN FAMILY
RULES CONTRACTS & AGREEMENTS**

JANELL BURLEY HOFMANN.

HI EVERYONE

Hi Everyone!

In this mini e-book you'll find a collection of our working iRules, contracts & agreements we've made throughout the years. I share them with you as a sample for your own family, but also so you can see how the contracts grow, change and evolve based on needs, child and situation. There is no one size fits all prescription for parenting, but it helps to see what others have done as you design your own life!

I find contracting and agreements to be helpful because they help me crystalize my ideal vision of the behaviors I want to see. It helps me name what's on my mind, perhaps what I'm afraid of and gives me talking points when setting boundaries with my kids. It's also a point of reference going forward – a place we return to – if the contracts need to be modified or improved.

I hope you find the contents and examples here helpful. Feel free to adapt or make your own based on the models outlined here.

I'm looking forward to raising tech healthy families together.

Thank you!
Janell

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01 GREGORY'S IPHONE CONTRACT

Dear Gregory:

Merry Christmas! You are now the proud owner of an iPhone. Hot Damn! You are a good & responsible 13-year-old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well-rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership.

I love you madly & look forward to sharing several million text messages with you in the days to come.

01

It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?

02

I will always know the password.

03

If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad".

Not ever.

GREGORY'S IPHONE CONTRACT

04

Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.

05

It does not go to school with you. Have a conversation with the people you text in person. It's a life skill. *Half days, field trips and after school activities will require special consideration.

06

If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.

07

Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.

08

Do not text, email, or say anything through this device you would not say in person.

GREGORY'S IPHONE CONTRACT

09

Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.

10

No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person – preferably me or your father.

11

Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

12

Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear – including a bad reputation.

13

Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.

GREGORY'S IPHONE CONTRACT

14

Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO – fear of missing out.

15

Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

16

Play a game with words or puzzles or brain teasers every now and then.

17

Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18

You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new iPhone. Merry Christmas!

xoxoxoxo

Mom

02

SLOW TECH FAMILY IRULES

For years, we have been a ‘Slow Tech’ family. We have worked hard to live in balance with technology, using it mindfully and deliberately. But as our family grows and changes along with the technology, this approach is becoming more of a challenge. We are working at it. It’s not that we don’t love our devices – believe me, we do. It’s just that it’s so very easy for our email, social networks, texts, video watching, gaming and picture sharing to become central, to be everything, at any given moment in our home and family. Work, friends and extended family can follow us everywhere – right in our pockets and purses – and it’s increasingly more common to be constantly connected to the outside world.

In a house with children from grade one to high school and parents that travel, work in creative fields and are committed to keeping the family afloat, we are always communicating, evaluating and restructuring. This year, we have made five Slow Tech iRules to help us use technology for its highest good, while building boundaries to nurture our time together, with others and our time as individuals. Even though it can seem simple or even obvious, Slow Tech iRules are truly life-changers when we apply them to the everydayness of our existence. These, I know for sure, are rules we must live by.

SLOW TECH FAMILY RULES

1. No Devices at Dinner. Or any meals. The table might be the only 20 minutes we have all day to say, eyeball to eyeball, “What is it like to be you today, my dear one?”
2. No Double Dipping. If we’re watching a movie, eating in a restaurant or splurging on hot fudge sundaes, there will be no texting, scrolling, chatting or working (!!) at the same time. If we’re lucky enough to sit together, we owe it to each other to be fully present. Even if we feel squirmy.
3. Device-Free Days. There will be days, events, outings and holidays when we all commit to being device-free. Sometimes it feels nice to go for a walk without bringing the hundreds of people we know along with us. Even if it’s virtually.
4. Sleep is Sacred. Everyone will leave devices turned off, in a central location, every night. I had five babies in eight years. It was my life’s work for a decade to get you to sleep. I will not allow notifications, screen lights or that next level on your tiny addictive game to rob any of us of sleep.
5. People First. A visitor stops by. A conversation forms. Friends gather. Humans in real life always take priority over humans in online life. It’s just better for everyone that way.

03 BRENDAN'S IPHONE CONTRACT

Dear Brendan,

Merry Christmas! You are the proud new owner of an iPhone. Holy! Holy! It's your turn already – for a phone, for a contract, for the great teachings of balance, the value of going slow in the fastest of times. We arrived here together so quickly that if I wasn't careful, I might not notice how suddenly you stand before me almost eye to eye, how your face has thinned and your spirit has grown certain. I might forever think of you as the little brother – adorable and not quite ready – needing shelter instead of wings. So here it is: my offering of trust, an acknowledgment of the good, kind, smart young man you are becoming and access to one of the greatest tools on Earth. What will you make of it? How will you use the connection to enhance your life – to make it easier, to make it better for others, to learn, to create, to explore and expand? I'm excited to find out.

I love you deeply and truly. There's not a device in the world that can change what we've got going.

Let's do this.

01

This phone is a privilege, not a right – need and want are very different things. I gave it and I can take it away. It really is that simple.

02

Expect to show me and tell me and make it part of our world. Your digital life will not exist in isolation.

BRENDAN'S IPHONE CONTRACT

03

You've got to do your part. Take care of it. Breaks, cracks, water, sand and disappearances are all at your expense. Chores, family contributions and a general level of cooperation are required to support the ongoing cost as well. No surprises here.

04

You want to download it? Get permission. You want to buy it? Pay up.

05

8:00pm shut down on weeknights and 10:00pm on weekends. You need to recharge too. *It doesn't go to sleepovers unless otherwise discussed.

06

It stays home from school unless an alternate plan is predetermined. Talk to your friends in the hall and at lunch IRL. Don't let a screen come between you and the **magical madness of middle school.**

07

What you text, post and share is YOU. Make sure your online and offline personalities match. The screen does not excuse mean. You do it, you've got to own it.

08

No taking videos or pics of unsuspecting people. No vids or pics in the name of humor at the expense of another human. Siblings included. Parents too. Always get permission to post.

BRENDAN'S IPHONE CONTRACT

09

I did not increase my monthly expenses for you to have unlimited access to sex, violence and the endless rabbit hole of searching and scrolling. Go on: Get up. Go out. Make good use of your time. It's a life skill.

10

Express yourself and embrace the access to information. Find causes and creations and communities that bring you closer to all the things you love and let curiosity lead you to all of the interests that are yet to be.

11

Don't be afraid to be silent. To not comment. To not respond. To leave a conversation. To block. To delete. To unfollow. Sometimes choosing not to participate takes the most courage of all. Be selective in the fires you fuel.

12

You always have a choice in how you use this iPhone. That's part of the gift, the freedom to decide how the technology will work best for you. Sneak, lie, cheat, fake won't serve you and I'd love to protect you from finding that out for yourself. But since I can't, know this: how you show up online matters and influences and impacts. Use that power wisely.

13

Don't stop visiting your grandparents or playing pick up games in the yard with the neighborhood kids or lingering over the dinner table with us or meeting your friends for pizza without a plan. These are the things that make a childhood – that make a life – and they should never have to compete with your phone.

BRENDAN'S IPHONE CONTRACT

14

Pause long enough to look up from your phone and into the eyeballs of others to say please and thank you whenever possible.

15

The world has consequences beyond the rules of our own family. That's the reality for lots of things. Be responsible. Be accountable. Be resilient. Be forgiving to yourself and others. But always get after it with a true heart and the best intentions and the world will consistently work in your favor.

16

You won't always get it right. You will stumble and lose your way. I get it. Dad gets it. We don't have to like it. But we can handle it. You are surrounded and loved and held up by the most beautifully imperfect people. On the Internet and in life: You are never alone. We've got you.

Oh, Brendan. Let this phone be a part of your life in a way that is good and fun and useful. Take your time. Take deep breaths. Imagine yourself in the shoes of others as often as you can. Know that you are full and whole and complete regardless of likes and followers – you are already the definition of quality. Be healthy and active and live fully both on and away from the screens. Determine when you need stand up for what's right, walk away from what's wrong, or ask for help when you're unsure. And if the only thing you decide to do is be yourself, then life online just got a whole lot better.

Xoxoxo

Mom

04 ELLA'S IPOD CONTRACT

1. Only text with friends Mom & Dad have approved.
2. Ask permission for apps & social networks before downloading.
3. Only use iPod on Friday, Saturday and Sunday. *During trail period.*
4. Must stay at home unless given permission or another plan is agreed upon.
5. Parents must always know the password.
6. Turn off at 9:00pm on weekend nights. (Reminder: No use during school week.)
7. Only take pics & vids of people with their permission.
8. **HUG MOM EVERYDAY!**

A VIDEO OF THE PROCESS

To see a video of the process please visit this link to watch a YouTube Video.

<https://www.youtube.com/watch?v=47iT6j-RYyU>

05

ELLA'S IPHONE POEM

Since the holidays, Ella & I have been co-creating a working set of iRules for her new phone. First, I asked her to come up with some tech rules on her own based on what she already knows and the thoughts and ideas we've talked about with the tech in her life to this point. Ella created a slideshow outlining some tech boundaries based on what she believed to be reasonable and important. I added some and we had a few different discussions about it. Yesterday, I collected the pieces of our work together and created a neat little poem for us to reference. Of course, there is always more to say and do and add. But I'm proud of the foundation we've made here.

“To Ella – it’s an amazing time to be growing up. I’m excited to see what you do with the digital world. I’m here for you on and away from the screens. Always.
xoxo Mom”

ELLA'S IPHONE POEM

Oh Ella, my girl. Oh Ella, my baby.
It's your turn for a phone? This is just crazy.

Well then, let's go. Here are some iRules for you.
I know you are smart, but there are things you must do.

You must think of yourself. You must think of others.
Put it down, turn it off – it's the same for your brothers.

Especially at times that are special to us – eating &
sleeping, with friends & at school.
When with other people, your phone must not rule.

During the week, please shut your tech down at 8.
Sleep, study, sweat & each day will be great!

On weekends screens are a little more lax,
So 9:00 turn off...10:00, max.

What is appropriate? What should you post?
What do you love and what matters the most?

Just be yourself, take your time, think it through.
This phone can be fun, if it represents you.

I know selfies & texting & pics are exciting,
But nothing is private, this is no place for fighting.

In person you must have the tough conversations.
Speak from your heart, express your frustrations.

ELLA'S IPHONE POEM

Personal info needs your protection!
But ask us for help, no need for perfection.

You get to say no and unfollow and block.
Use a password to keep your phone set to lock.

This phone is a gift, a privilege, a joy.
Keep track and take care, it's not just a toy.

Remember your phone is a tool, a machine.
I can take it away if your room isn't clean.

This phone is a part of your life now, I know.
But there's a lot more to living than what this screen will
show.

Be curious. Make art. Have fun with it too.
But never forget the power of YOU!

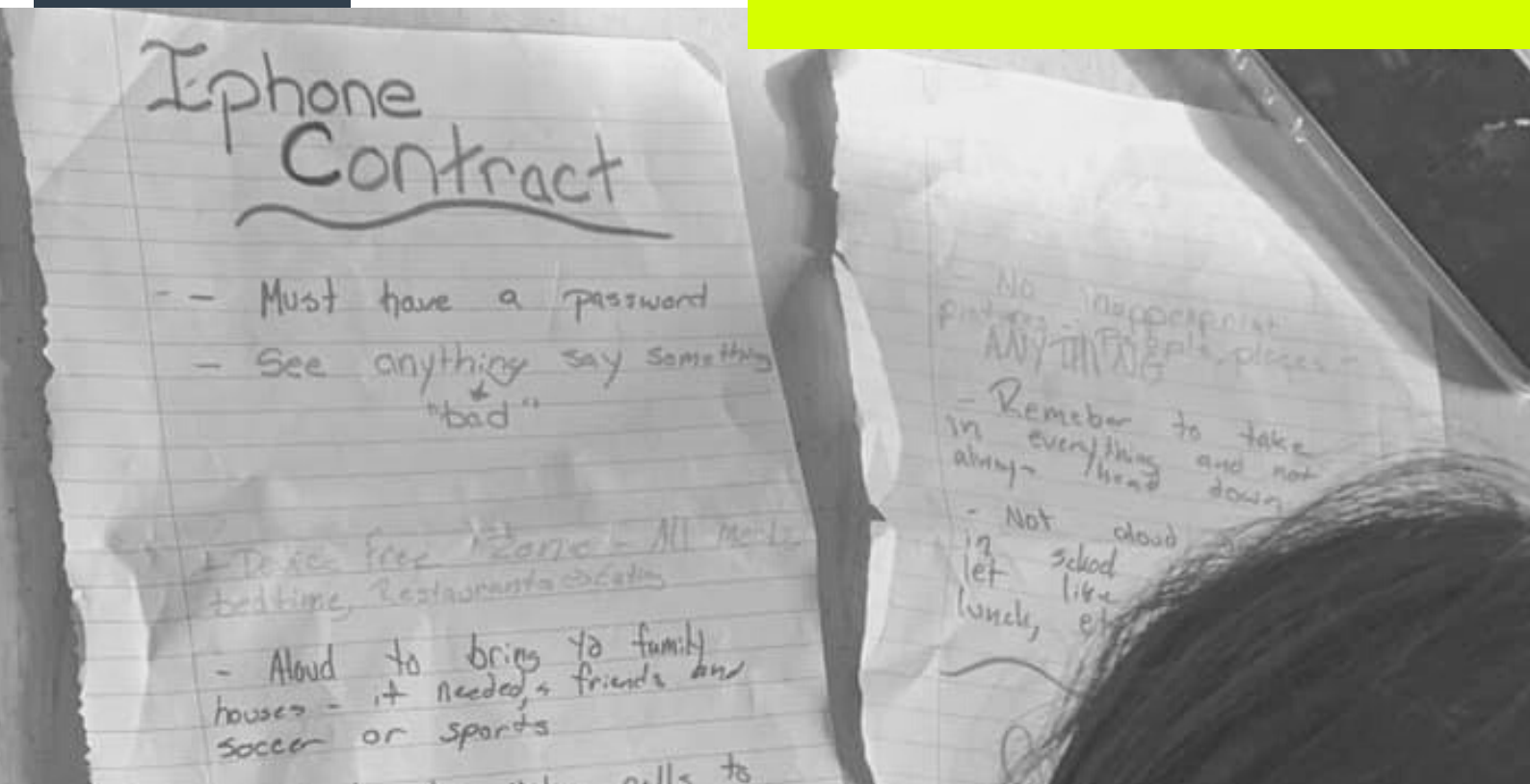
I love you and love the way you are growing,
Let's share lots of stuff, I can't wait to get going!

LILY'S IPHONE CONTRACT

A MOTHER-DAUGHTER APPROACH

SECTION 1: LILY'S WORKING IRULES

1. Phone must have a password. Mom & Dad must know it
2. If I see anything bad, say something about it.
3. Always ask if I'm not sure if I should post.
4. I can bring it to friends' houses, soccer and sports if I need it
5. I can make calls and FaceTime people I know like friends and family
6. I can't have it in my room when it's time for bed.
7. I can bring it to school, but it's turned off unless a teacher says it's ok or we're allowed to have it out.



LILY'S IPHONE CONTRACT

A MOTHER-DAUGHTER APPROACH

8. Ask permission before getting apps or purchases
9. Turn off at 8pm on school days. Except if I have soccer until late.
10. Turn off at 10pm on weekends.
11. I can have school apps like Powerschool, Quizlet and if the teachers need us to have something.
12. Post positive stuff and don't be rude to anyone.
13. No inappropriate pictures of people, places, etc.
14. Remember to take in everything around me and to not always be head down.
15. I can get Snapchat when parents say I've been doing good with my new phone.

07 JANELL'S VERSION OF LILY'S RULES

Dearest Lily,

You know my expectations for who you are, and my deep respect for who you are becoming. That person knows herself, but builds her character. She does what's right, but can ask for help. She's smart, but always learning. She's a team player, but strong enough to stand alone. Who you are matters in all places – walking the halls of school, battling on the soccer field, hanging on the couch with your siblings, as a guest in someone else's house – and on the Internet.

I won't plead with you to be perfect, only human. Which means you get to make choices and mistakes and decide how you want show up in the world. And the next day – the good part and the hard part – is that you get to practice it all over again. Remember, my dear one, the virtual world is actual and what happens there counts. If others don't hold you to it, I will. I love you too much to not teach you what I know.

So my wish is that you choose to practice proud & humble, bold & true, on and away from the screen. And that this gift is a tool and point of connection, a symbol of my trust and a celebration of your growing up. It feels like we are just starting, but you have always been learning. You are ready.

HERE ARE MY RULES TO LIVE BY. I HOPE THEY GROW RIGHT ALONG WITH YOU.

LILY'S IRULES

01

You must sleep when it's time to sleep and eat when it's time to eat. Screen free. Always.

02

There will be things you have to do – study, solve, practice, prepare – with a full heart, mind and focus. If your screen is not an aid, it's away.

03

Your device is public space. It is a billboard outside of your school. A message to the world. A true group convo. Don't say it, share it, like it or look it up if you don't want all eyes on it.

04

Here's the thing about jerks – you are not one. Devices disappear if this should change.

05

It may become harder to just breathe and be, sit with yourself and others. But you must. Do not give this up for anything.

06

You are a child. A beginner. New. I am old and wise and on your side. I like it here. Use me up. Put me to work. You are not alone.

Love you. Always.

Mom

08 INSTAGRAM RULES FOR BEGINNERS

BY JANELL &
BRENDAN
AGE 12

~~Don't say~~ Instagram for Beginners

Only positive things - comments
- pictures
- shares

Don't be inappropriate - swears
- pictures

Don't chat follow people w/ class - words
or hang w/

Post / Follow with permission

Don't be on it all day PF from friends
PF app

Mom checks everyday
Knew password
MOM scan

Private account Check celebrity

No age, name, location

Doesn't leave home
Off at 7:00

Use No. ac
Mom fo
Unsure?

INSTAGRAM RULES FOR BEGINNERS

01

Pause before you post. Ask, does this feel/sound/seem like something I should share? Yes?! Go for it!

02

Be tech positive & post only comments, pictures, & shares that lift up. It's contagious!

03

No inappropriate posts like swears, pictures, comments. If you wouldn't want Nan to read it, don't post it.

04

Followers/following must be from the classroom, sports field, or neighborhood – otherwise get parent approval (including celebrities and famous accounts).

05

It doesn't leave home. It goes on after you are ready for camp/school and off at 7:00pm.

06

Don't post to exclude. No one likes an Instie friend that tries to convey "look at all the fun we're having without you!"

07

Do not announce A, N, L (age, name, location) in profile or posts.

08

Account must be set to private.

09

Mom & Dad follow.

INSTAGRAM RULES FOR BEGINNERS

10

Parents know password

11

“Parent scan” at random – especially during trial period. But I’d prefer you just show me because you want to!

12

Only 1 user name, no secret accounts.

13

Permission to post pictures required from friends & family. No pictures of unsuspecting humans (unsuspecting animals are ok).

14

You don’t have to follow and be followed by everyone you know. You can make a choice to connect with the people you want. Quality not quantity!

15

You can always block, unfollow or change your mind.

16

Be choosy about what you “like”. That double click also represents you too.

17

Have a lot to say? Pick up the phone and call or hop on your bike and knock. We don’t all need to see your business or witness your chats.

18

Unsure about something you saw, sent, shared? Don’t know if you should? Just ask! We can figure this out together!

#techsuccess

09 10 RULES FOR BEGINNER YOUTUBERS!

“ Cassidy had to wait until she turned 10 before she could have her own YouTube Channel. Here are our discussion points & strategies for success we worked on together. ”

1. This is a "parallel" account between parents & Cassidy. We are YouTube "partners" to provide adult supervision & support.
2. Parents approve content & review edits/drafts before publishing live.
3. Max of one video per week.
4. Comments are disabled.
5. All questions, concerns, "not sure feelings" are welcome. You are never alone to figure the internet out. We want to help! We love helping you!
6. We don't waste supplies or food on the channel or in creating content (on purpose). It must have a positive use & outcome.
7. We remember the whole world is watching. We are mindful of what we say, do & share about ourselves & others. Not sure? Ask!
8. We are proud to be 10! We create content that feels good & healthy. We take our time growing up.
9. The Cassidy in real life, is the same Cassidy online. We don't do stuff just for the likes! Being ourselves is the coolest.
10. We remember that this is for fun! If we need a break, we take it. If it's not fun anymore, we stop.