

## Cyber- Free Pact

This pact is meant to help friends choose to be cyber-free together for a short period of time. You can decide how much time, what devices you will limit and what sites you will stay off of. No one pact is right, make it your own and stick to it!

I, \_\_\_\_\_ and I, \_\_\_\_\_ are choosing to be  
(name) (name)

cyber free for \_\_\_\_\_ days. We will not get on:  
(number)

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Cell phones           | <input type="checkbox"/> Facebook    |
| <input type="checkbox"/> Laptops               | <input type="checkbox"/> Myspace     |
| <input type="checkbox"/> Ipad or other tablets | <input type="checkbox"/> Twitter     |
| <input type="checkbox"/> Ipod                  | <input type="checkbox"/> Bebo        |
| <input type="checkbox"/> Other _____           | <input type="checkbox"/> Instagram   |
| <input type="checkbox"/> Other _____           | <input type="checkbox"/> Youtube     |
|  | <input type="checkbox"/> E-mail      |
|  | <input type="checkbox"/> Other _____ |
|  | <input type="checkbox"/> Other _____ |

**We agree to help each other stay cyber free. We agree to:**

- Check in with each other
- Support each other
- Come up with other activities to do
- Text or call each other if we feel tempted
- Other \_\_\_\_\_
- Other \_\_\_\_\_

I, \_\_\_\_\_ promise to agree and uphold this pact. Date \_\_\_\_\_

I, \_\_\_\_\_ promise to agree and uphold this pact. Date \_\_\_\_\_