

In order to get your children working to the guidelines you set, it is a good idea to look at agreeing a family contract. There are many different ways to do this. We have developed some templates for you to use as a starting point.

Top tips for a family contract

- Think about what your purpose is for drawing up a contract. Is it to stop your child(ren) from playing too much or have set times to play?
 - Do you want to encourage more family time?
 - Do you want to use this as a guideline or a strict enforcement?
 - Will you have consequences if the rules are not adhered to?
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- ✓ Be sure, when setting these guidelines they are achievable and you will be able to implement these rules on a daily basis.
 - ✓ You could set the contract for a set time and review it.
 - ✓ Although young people like boundaries, don't forget to take into consideration a large reason young people enjoy gaming is a way to socialise and relax, so allow them the time to do this.

On the next pages, there are some contract templates to fill in as a family.



Names:

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AS of we all agree to follow the rules set out below

Rules:

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Signed:

Date:

Commandment 1

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Commandment 2

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Commandment 3

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Commandment 4

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Commandment 5

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Failure to abide with these shall be subjected to;

Consequences

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I, (insert all names here)

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agree to abide by these following rules;

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Failure to do so shall result in;

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Signed:

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We, as a family, have agreed to the following rules;

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We will follow these rules on a daily basis, treating each other with respect and kindness.

Signed:

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