

McAfee's Family Technology Pledge

The _____ Family's Commitment to Safe, Responsible Technology Use

We believe tech should help us learn, connect, and grow but not at the cost of our safety, honesty, or real-life relationships. This Pledge helps us use tech in smart, respectful, and balanced ways. We agree to:

Check each box to confirm you understand and agree.

1. Using AI the Right Way

- ☐ I'll fact-check what AI tells me. Not everything it says is right.
- ☐ I'll use AI to learn, not to cheat. It can help explain stuff, organize ideas. But my work will be mine.
- ☐ I'll follow the teacher's rules and always say if I've used AI in schoolwork.

2. Digital Respect & Deepfakes

- ☐ I'll never create or share fake images or videos of anyone—even as a joke.
- ☐ I'll think before I post, knowing anything I share could be copied or If I see harmful or fake content,
- ☐ I'll tell a trusted adult—not forward it.
- ☐ I know making or sharing harmful deepfakes can have serious consequence.

3. Social Media & Messaging

- ☐ I'll question what I see online—not everything is true or healthy.
- ☐ I'll be kind and respectful in chats and posts. No bullying, no leaving people out.
- ☐ I'll take breaks from social apps and make time for real-life connection.

4. Safety & Privacy

- ☐ I won't share my personal info with people I don't know in real life.
- ☐ If someone online makes me feel weird or unsafe, I'll talk to a parent right away.
- ☐ I'll use privacy settings and be thoughtful about what I make public.

Our Commitment

We promise to follow this Pledge and support each other in using tech wisely and kindly.

Parents/Guardians: _____ Date: _____
_____ Date: _____

Kids: _____ Date: _____
_____ Date: _____

This Pledge will be updated regularly to reflect new developments and our family's evolving needs.



5. Balance and Screen time

- ☐ No phones during family meals or special time.
- ☐ Devices charge outside bedrooms overnight. If I drive, no texting—ever.
- ☐ I'll take breaks from screens for movement, creativity, and real conversations.
- ☐ If I feel addicted, overwhelmed, or unsure—I'll ask for help.

6. Schoolwork & Research

- ☐ I'll double-check facts and use trusted sources.
- ☐ I'll cite everything I use—including AI tools.
- ☐ I'll build my own thinking skills, not just rely on tech.

7. If Things Go Wrong...

- ☐ Mistakes happen. If I break a rule, I may lose screen time—but it's about learning, not just punishment.
- ☐ I can ask for help any time, without fear.
- ☐ I'll take breaks from screens for movement, creativity, and real conversations.
- ☐ We'll talk things out as a family to get back on track together.

8. Let's Keep Talking

- ☐ We'll check on this Pledge every few months to see how we're doing.
- ☐ As we grow and tech changes, our rules can too—together.
- ☐ We'll keep the conversation going—no judgment, just honesty and support.

