

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)

Cell phones
Laptops
Ipad or other tablets
Ipod
Other _____
Other _____

Facebook
Myspace
Twitter
Bebo
Instagram
Youtube
E-mail
Other _____
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 _____