**網絡使用協議書 (範例) (小學生適用)**

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| 目標 | 1. 學業： 2. 非學業： |
| 規則 | 1. 網絡使用時間分配  |  |  |  | | --- | --- | --- | |  | 學習用途 | 非學習用途 | | 上學日 |  |  | | 非上學日 |  |  | | 考試期間 |  |  |  1. 時間規劃   開機時間：  關機並交還時間：  功課及溫習時間：  睡覺時間：   1. 數據用量 (已有智能電話者適用)   使用\_\_\_\_MB數據計劃   1. 其它規則   家庭共同守則：(如用餐、睡覺期間使用規定)  學業方面要求：(如基本要求)  課外活動參與： |
| 獎勵及  抵償 | 獎賞計劃：   1. 如能完全遵守協議，第二天可額外使用\_\_\_\_\_\_\_\_分鐘 2. 如能完全遵守協議一星期，能以\_\_\_\_\_\_\_\_\_\_\_\_作獎勵   抵償計劃：   1. 如超時使用電腦，第二天須扣減超時使用時間兩倍 2. 違反協議，須作道歉及解釋，並以\_\_\_\_\_\_\_\_\_\_\_\_作補償 |
| 所需協助 | 自我提示方法：  家人提示方法： |
| 檢討日期 |  |
| 雙方簽署 |  |
| 見證人 |  |

**Internet Use Agreement (Sample) (For Primary School Student)**

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| Goal | 1. Academic: 2. Non-academic: |
| Rules | 1. Internet-use time allocation  |  |  |  | | --- | --- | --- | |  | Academic purpose | Non-academic purpose | | School day |  |  | | Non-school day |  |  | | Examination period |  |  |  1. Time plan   Internet available time:  Internet disable and device return time:  Study and revision time:  Sleep time:   1. Data usage (For smartphone owner only)   Adopt \_\_\_\_MB data plan   1. Other rules   Family common rule: (E.g. Usage during dinning time, sleeping time)  Academic requirement: (E.g. Basic requirement)  Extra-curricular activity participation: |
| Reward and compensation scheme | Reward scheme:   1. If fully comply with the agreement, can be rewarded with extra \_\_\_\_\_\_\_minutes use-time on the next day 2. If fully comply with the agreement for a week, can be rewarded with \_\_\_\_\_\_\_\_\_\_\_   Compensation scheme:   1. If overtime use occurred, have to deduct twice the overtime use in the next day 2. If breaching the contract, have to apologize and explain, with \_\_\_\_\_\_\_\_\_\_\_\_\_\_ as compensation. |
| Assistance | Self-reminding methods:  Family reminding methods: |
| Evaluation date |  |
| Signature of both parties |  |
| Witness |  |