**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：
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| 規則 | 1. 網絡使用時間分配

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| --- | --- | --- |
|  | 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:
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| Rules | 1. Internet-use time allocation

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| --- | --- | --- |
|  | 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 plan1. 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.
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| Assistance | Self-reminding methods:Family reminding methods: |
| Evaluation date |  |
| Signature of both parties |  |
| Witness |  |