

# E-Nuptial Agreement



Some couples sign a prenuptial agreement to work out their finances in the case of a divorce. With the prevalence of technology, it might be a better idea to sign an e-nuptial agreement—a contract setting some guidelines on the technology use in your marriage.

## TECHNOLOGY SABBATH

---

We agree to implement a technology sabbath from \_\_\_\_\_ until \_\_\_\_\_ each week, for a total of \_\_\_\_\_ hours.

A technology sabbath shall be defined as a time when no electronic devices shall be used.

## TECHNOLOGY CURFEW

---

We agree to put away all technology devices at \_\_\_\_\_ p.m. each evening.

This means that no smart phones, laptops, tablets, or robots of any kinds will be permitted in the bedroom past this hour.

To remove distraction and temptation, these devices will be placed in \_\_\_\_\_ until morning.

## REMOVE DIGITAL DISTRACTIONS

---

We agree to cease usage of digital devices when in conversation with one another. This includes, but is not limited to: texting, chatting, emailing, web browsing, posting, tweeting, live streaming, or snapping.

## NO DOUBLE SCREENS

---

We agree to limit ourselves to only a single screen at a time while together. This means no “double screening,” hereby defined as idly browsing one device while another is playing video entertainment in the background.

## NO NETFLIX CHEATING

---

We agree that we will not watch ahead on any agreed upon television programs, especially those streamed via online services such as Netflix, Hulu, Amazon Prime, et al.

Such shows include, but are not limited to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## TECH-FREE ZONES

---

These areas (both physical and theoretical) are hereby declared tech-free zones, which means no digital devices shall be used there:

\_\_\_\_\_  
\_\_\_\_\_

## CHILDREN AND TECHNOLOGY

---

In the case that we have (or already have) children together, each child shall not be allowed to possess their own digital devices (including cell phones and tablets), until they turn \_\_\_\_\_ years old. Children shall also be limited to \_\_\_\_\_ (hours/minutes) of device usage per day.