

## Authorization Sheet for Browser Session Access

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Authorization Code: \_\_\_\_\_

Session Purpose: \_\_\_\_\_

Estimated Duration: \_\_\_\_\_

### Authorized Websites:

- List the specific websites that the user is allowed to access during this session.

Website 1: \_\_\_\_\_

Website 2: \_\_\_\_\_

Website 3: \_\_\_\_\_

Other (please specify): \_\_\_\_\_

### Session Rules and Guidelines:

I understand that my internet usage will be monitored and that I am responsible for my own actions during this browser session.

I understand that this browser session is for authorized use only and I agree to abide by the following rules and guidelines:

I will only access the websites specified above for the purpose stated.

I will take breaks of at least 10 minutes away from the screen for every hour spent online.

I will stop my session immediately if I feel signs of compulsive behavior, such as loss of track of time or an urge to continue browsing despite negative consequences.

I will be mindful of my posture and physical well-being during the session, taking care to avoid strain or discomfort.

I will log off and end my session promptly when my allotted time is up.

Signature: \_\_\_\_\_

By signing this authorization sheet, I agree to abide by the above guidelines and take responsibility for my internet usage during this browser session. This authorization is valid only for the specified duration and purpose.