

Family Online Contract

Kids' Pledge

1. I will spend time with my parent(s) to review my phone contacts, social apps, live streaming, and gaming apps and educate them on how me and my friends use them. I'll explain the technology that confuses them and not use hidden apps or fake accounts without showing my parents how and why I use them.
2. I will talk with my parents so we can set up rules about when I can be online, how long I can be online, and where I can go online.
3. I won't give out personal information, photo, or video to any online-only friends without my parents' permission. I will never send inappropriate pictures of myself or anyone else, knowing that I can never control where they might end up.
4. I will never meet face-to-face with someone I "meet" online without first checking with my parents. If my parents agree to a meeting, I will be sure it is in a public place and bring my parents along.
5. I will not chat or live video stream on social/gaming platforms after times agreed on with my parents. When live streaming, I will be sure to disable Location Services and make sure nothing captured by the video camera would give away my address, full name, school, or other personal information about me.
6. I will tell my parents right away if I am asked uncomfortable questions or encouraged to do anything unpleasant online. I will not respond to any messages that are mean, threatening, or just weird.
7. To avoid others impersonating me, I will never give my Internet password to anyone (even my best friends) other than my parents.
8. I will put away devices during meal times.
9. When I promise to keep a secret, parents do not count. If anything ever makes me feel even a tiny bit weird or scared, I will trust my instincts and talk to my parents.
10. I will not use technology to lie, fool, or bully someone else. I won't involve myself in conversations that are hurtful to others.
11. I will not text, email, or say anything online that I would not say in-person.
12. We'll revisit this contact yearly, updating it based on family learnings and changes in technology.

Parents' Pledge

1. I will not overreact or restrict internet usage if my child tells me about a problem he or she is having on the Internet. Instead, we'll work together to try to solve the problem and prevent it from happening again.
2. I will set reasonable rules and guidelines for computer/device use and make sure my child is aware of expectations.
3. I will get to know the services, apps, streaming platforms, online gaming platforms, and web sites my child uses. If I don't know how to use them, I'll have my child show me how. I will try each on my own to get a full understanding.
4. I will put away devices during meal times. I promise to model good behavior with my own devices, including safe use while driving and not allowing my device use to interfere with family time.
5. I will help make the Internet a family activity.
6. I will try to get to know my child's "online friends" just as I try to get to know his or her other friends.
7. We'll revisit this contact yearly, updating it based on family learnings and changes in technology.

We agree to the above.

Child sign here.

Date

Parent sign here.

Date

Parent sign here.

Date