



SafeKids.Com

## Family Contract for Online Safety

### Kids' Pledge

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' permission.
2. I will tell my parents right away if I come across any information that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring my mother or father along.
4. I will never send a person my picture or anything else without first checking with my parents.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents right away so that they can contact the service provider.
6. I will talk with my parents so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my Internet password to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.
10. I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.

I agree to the above terms

I will help my child follow this agreement and will allow reasonable use of the Internet as long as these rules and other family rules are followed.

\_\_\_\_\_  
Child Sign Here

\_\_\_\_\_  
Parent Sign Here



## Teen Pledge for Being Smart Online

1. I will be respectful to myself and others. I won't bully and won't tolerate bullying by others.
2. I will be a good online friend and be supportive of my friends and others who might be in trouble or in need of help.
3. I won't post or send pictures or other content that will embarrass me, get me into trouble or jeopardize my privacy or security.
4. I will respect other people's privacy and be courteous when posting photos or other content about them.
5. I'll be conscious of how much time I spend on the web, phone and other devices and won't let use interfere with sleep, school work and face-to-face relationships.
6. If they need my help, I'll assist my parents, teachers others in their use of technology.
7. I will respect other people's digital property and space. I won't steal, hack, break into anyone else's accounts or use other's content without permission.
8. I will protect my passwords and practice good Net security.
9. I will be thoughtful in my use of copy and paste. If I use anyone else's content or images I will quote them, give them credit and link to them if appropriate.
10. I will help create a culture of respect and tolerance at my school and among my peers.



# Family Contract for Online Safety

## Parents' Pledge

1. I will get to know the services and web sites my child uses. If I don't know how to use them, I'll get my child to show me how.
2. I will set reasonable rules and guidelines for computer use by my children and will discuss these rules and post them near the computer as a reminder. I'll remember to monitor their compliance with these rules, especially when it comes to the amount of time they spend on the computer.
3. I will not overreact 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.
4. I promise not to use a computer or the Internet as an electronic babysitter.
5. I will help make the Internet a family activity and ask my child to help plan family events using the Internet.
6. I will try to get to know my child's "online friends" just as I try get to know his or her other friends.

I agree to the above

\_\_\_\_\_  
**Parent(s)**

I understand that my parent(s) agreed to these rules and I will help my parent(s) explore the Internet with me.

\_\_\_\_\_  
**Child sign here**

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## Family Contract for Smartphone Use

### Kids and Teens Pledge

I will not touch or look at my phone when it's dangerous to do so such as driving, riding a bike or walking.

I will be considerate of others and not use my phone to text or talk when it may disturb others or at inappropriate times or places such as in class or in theaters.

I will take care not to damage or lose my phone and will let my parents know right away if it is damaged, lost or stolen.

I will only use apps from legitimate app stores (like Apple or Android Play Store) and do a little research to make sure they're appropriate and safe to use.

I will carefully review the privacy policies of any apps I use including what information the app collects or shares.

I will only use apps that share my location with family or personal friends I know from the real-world.

I will respect my own and other people's privacy in pictures and posts that that I share.

I will only share pictures and videos where everyone is appropriately dressed and will avoid sharing any images that could embarrass me or others or get anyone in trouble.

I will treat others respectfully and kindly in what I post, what I text and how I interact socially.

*I agree to the above*

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Child sign here

I will help my child follow this agreement and will allow reasonable use of the Internet as long as these rules and other family rules are followed.

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Parent(s) sign here

## Parents Pledge

I will be a good role model and never text while or use apps while driving or during other activities where phone use might be dangerous.

I will be considerate of others, including my family members by refraining from using the phone when it might disturb people around me.

I will talk with my kids and set reasonable expectations about their smartphone.

I will take whatever action is appropriate if I feel my child has misused his or her phone or broken a family rule, but I will be thoughtful about such actions and not overreact.

*I agree to the above*

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Parent(s) sign here

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Child sign here