



Family Contract for Online Safety and Usage
Teenager

Teen Promise:

I will not share personal information such as my address, phone number, where I go to school or my parents work information with anyone I do not know. This includes social networking and game sites/apps.

I will not respond to messages or posts that are mean, inappropriate or hurtful in anyway. I will be a supportive good friend and person to those I communicate with.

I will tell my parents, or adult I trust, right away if I am in danger or if something is inappropriate or makes me feel uncomfortable.

I will tell my parents, or another adult I trust, if someone I know is in trouble or danger.

I will not send, forward, post or share any picture or comment that could be seen as mean or inappropriate.

I will only take pictures on my device that I am ready for the whole world to see. If the picture is meant to be "private only" I will not take that picture.

I realize that some pictures teens take could be illegal. I will never take a picture of myself or anyone else that could be illegal. If I receive a picture that could be illegal I will get my parents involved.

I will never meet anyone that I only know from online.

I will not approve a "follower" or "friend" who I do not know. I will not "follow" any strangers.

I will assist my parents if they ask for help on how an app/program works and show them everything I know about it.

I will not share our family's private matters online.

I will not use, look at or touch my phone while operating a motor vehicle or at any other time the use may put me or others in danger. This includes the camera, phone and texting.

If I break any of the above rules the agreed upon consequence will be _____

Parent's Signature _____

Date _____

Child's Signature _____

Date _____



Parent Promise:

I will take an interest in what my child is doing online and what apps/programs they are using.

If I do not understand how an app/program works I will ask, listen and learn.

I will always listen when my child comes to me with a concern, idea, request or problem relating to their online activity.

If my child is open and honest, we can communicate kindly, no yelling, and will be respectful towards each other.

I will lead by example and will not use my phone for any reason while I am operating a car unless it is hands free and can be done in a safe manner.

If my child tells me about someone who is in danger I may need to talk to someone for assistance (school, police, doctor, professional, etc.). This does not mean my child is in trouble, has done anything wrong or I am upset but I may need some help from people with more experience and/or resources.

If I have a concern I have the right to access my child's accounts.

I will frequently check my child's online activity to assure appropriateness and safety.

I have the right to limit the amount of time my child uses technology and the internet. I also realize that if my child follows this contract and continues to grow and keep my trust I can increase the amount of time for technology.

I will learn about the safety features and "parental controls" for the devices my child uses.

I understand that everyone makes mistakes. If my child makes a mistake and tells me we will work through it together to learn from it and do everything we can to see it does not happen again. (This does not mean there will not be a consequence but we will learn from it)

As a family other rules we agree to are: _____

Parent's Signature _____

Date _____

Child's Signature _____

Date _____