



FAMILY CONTRACT

for Kids Online Safety & Technology



KID PROMISE

I want to be safe, kind, and smart online. I promise to:



PROTECT MY INFORMATION

- ☐ I will not share my real name, address, school, phone number, passwords, location, or my parents' work information with anyone I don't know.
- ☐ I will ask before scanning QR codes, clicking links, or sharing files.



BE KIND ONLINE

- ☐ I will be kind and respectful in games, chats, texts, and comments.
- ☐ I will not say or do anything mean, rude, or hurtful.



ASK A TRUSTED ADULT

- ☐ I will tell my parents or another trusted adult right away if something online is mean, scary, confusing, or makes me uncomfortable.
- ☐ I will never keep online secrets.



SAFE GAMING

- ☐ I will only play games that my parents approve.
- ☐ I will chat or play online only with people my parents know are safe.
- ☐ I will follow the rules of the games I play.



SMART AI CHOICES

- ☐ I will be careful with AI chatbots and tools.
- ☐ I will never share personal information with AI or ask for things that are not appropriate.
- ☐ I will ask my parents if I'm not sure.



PHOTOS & VIDEOS

- ☐ I will only take and post pictures or videos that I am proud for the whole world to see.
- ☐ I will ask permission before posting pictures or videos of other people.
- ☐ I know pictures and messages can be copied or screenshotted.



HEALTHY DEVICE HABITS

- ☐ I will use devices only during the times we agree on.
- ☐ I will put devices away during homework, meals, bedtime, and family time.
- ☐ I will take breaks and get enough sleep.



IF I MAKE A MISTAKE

- ☐ If I make a mistake or break a rule, I will tell my parents right away.
- ☐ I know we will work together to fix it and make better choices next time.

WHEN WE MAKE MISTAKES



TELL THE TRUTH

Be honest about what happened.



SOLVE IT TOGETHER

Work as a team to figure it out.



LEARN FROM IT

Make better choices next time.



REPAIR TRUST

Do what it takes to build trust again.



KEEP GROWING

I can always learn and do better!

AGREED CONSEQUENCES (To be used when rules are broken)

Parent's Signature _____

Date _____

Child's Signature _____

Date _____





PARENT PROMISE

I will help my child have a safe, positive, and balanced online life. I promise to:



STAY CONNECTED

- ☐ I will take an interest in the games, apps, websites, and devices my child uses.
- ☐ I will keep learning about technology so I can guide my child.



KEEP COMMUNICATION OPEN

- ☐ I will always listen when my child comes to me with a concern, idea, or problem.
- ☐ I will encourage questions and create a safe space to talk.



TEACH TECHNOLOGY

- ☐ I will teach my child how to be safe, kind, and responsible online.
- ☐ I will help my child recognize scams, fake videos, online tricks, and unsafe content.



PROTECT PRIVACY & SAFETY

- ☐ I will review privacy settings, parental controls, and device safety features.
- ☐ I will keep accounts, passwords, and personal information secure.



CREATE HEALTHY HABITS

- ☐ I will set reasonable screen time limits and device-free times and places.
- ☐ I will model healthy tech habits by being present and balanced.



HELP WITHOUT SHAME

- ☐ If my child makes a mistake, I will stay calm, listen, and help.
- ☐ I will focus on solutions, not just consequences.



FOCUS ON LEARNING

- ☐ We will work together to learn from mistakes, repair any harm, and make better choices in the future.



OTHER RULES WE AGREE TO AS A FAMILY



(Add any rules or expectations important to your family)



Parent's Signature _____

Date _____

Child's Signature _____

Date _____



OUR FAMILY REMEMBERS

We are a team. We choose honesty, respect, kindness, and responsibility—online and offline. We've got each other.

