



FAMILY CONTRACT

FOR ONLINE SAFETY & USAGE

TEEN PROMISE

I want to make smart choices online and help keep myself and others safe.
I promise to:



PROTECT MY PRIVACY

- ☐ I will think before I share personal information, my location, school, routine, or travel plans online.
- ☐ I will be careful with QR codes, links, AirDrop/shared files, and syncing contacts.



PROTECT MY DIGITAL REPUTATION

- ☐ I understand that screenshots, screen recordings, reposts, and AI tools can make "temporary" posts permanent.
- ☐ Before I post, comment, or send something, I will ask myself if I would be comfortable with my family, school, or future employer seeing it.



COMMUNICATE RESPECTFULLY

- ☐ I will be kind and respectful in my messages, posts, gaming chat, group chats, and livestreams.
- ☐ I will not participate in bullying, harassment, hate speech, or anonymous attacks.
- ☐ If I see someone being mistreated, I will help safely by supporting them, reporting it, or telling a trusted adult.



BE CAREFUL WHO I TRUST

- ☐ I understand that not everyone online is who they claim to be.
- ☐ I will never meet someone from the internet without my parents' knowledge and approval.
- ☐ I will be cautious with direct messages, disappearing messages, anonymous apps, and group chats.



PROTECT MYSELF FROM ONLINE CRIME

- ☐ I will be cautious of scams, phishing messages, fake giveaways, fake jobs, impersonation accounts, extortion attempts, and requests for money or gift cards.
- ☐ If something feels wrong, embarrassing, or suspicious, I will tell a trusted adult right away.



USE AI RESPONSIBLY

- ☐ I will not share personal information with AI tools unless my parents and teachers approve.
- ☐ I will question AI-generated images, videos, voices, and information before believing or sharing them.



PROTECT MY ACCOUNTS

- ☐ I will use strong passwords or passkeys.
- ☐ I will keep my passwords private and enable two-factor authentication whenever possible.
- ☐ I will log out of shared devices and lock my accounts.



PHOTOS & VIDEOS

- ☐ I will ask permission before posting or sharing photos or videos of someone else.
- ☐ I understand that disappearing messages and private photos may not stay private.
- ☐ I will never take, send, or share any intimate images of myself or anyone else.



HEALTHY TECH HABITS

- ☐ I will respect our family's device-free times and places.
- ☐ I will balance screen time with sleep, schoolwork, activities, family time, and being present.
- ☐ I will never use my phone while driving, biking, on a scooter, or walking near traffic.



IF I MAKE A MISTAKE

- ☐ I promise to tell my parents as soon as possible if something online worries, scares, embarrasses, or confuses me. Asking for help is always the right decision.



WHEN WE MAKE MISTAKES

Everyone makes mistakes. If I break the rules, our family agrees to:



Be honest about what happened.



Work together to repair harm.



Review what could have been done differently.



Apply fair consequences that help rebuild trust.

AGREED CONSEQUENCES & ACTIONS (To be used when rules are broken)

Teen Signature _____

Date _____

Parent Signature _____

Date _____





PARENT PROMISE

I will partner with my child to help them make safe, responsible, and respectful choices online.

I promise to:



STAY ENGAGED

- ☐ I will take an interest in the apps, games, AI tools, websites, and platforms my child uses.
- ☐ I will continue learning about technology so I can guide, not just monitor.



KEEP COMMUNICATION OPEN

- ☐ I will listen before I react.
- ☐ I will encourage honest conversations and create a safe space for my child to talk about mistakes, questions, or worries.



GUIDE WITH BALANCE

- ☐ I will respect my child's growing independence while keeping them safe.
- ☐ I understand online safety is about guidance, not just control.



SUPPORT SECURITY & PRIVACY

- ☐ I will periodically review privacy settings, app permissions, location sharing, and parental controls together.
- ☐ I will encourage strong passwords or passkeys and the use of two-factor authentication.



MODEL HEALTHY HABITS

- ☐ I will model respectful communication and responsible screen use.
- ☐ I will never text, scroll, or use my phone while driving.



KNOW WHEN TO CHECK IN

- ☐ If I have a safety concern, I will check my child's device or accounts and explain why.
- ☐ I will avoid spying and focus on safety and trust.



SET BOUNDARIES & ROUTINES

- ☐ I will set and consistently follow reasonable screen time limits and device-free times and places.
- ☐ I will help my child balance technology with sleep, school, activities, and family time.



BE PREPARED TO HELP

- ☐ If my child reports that someone is in danger or being harmed, I will seek help from appropriate adults (school, counselor, doctor, police, etc.).
- ☐ This is about getting help, not punishment.



FOCUS ON REPAIR & GROWTH

- ☐ When mistakes happen, I will help my child learn, repair any harm, and make better choices.
- ☐ Consequences will be fair, consistent, and focused on restoring trust.

OTHER RULES WE AGREE TO AS A FAMILY

(Add any rules or expectations important to your family)



Parent Signature _____

Date _____

Child Signature _____

Date _____



OUR FAMILY REMEMBERS

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

