

INTERNET AND CELL PHONE SAFETY – FAMILY CONTRACT

PARENT COMMITMENT:

- I'll show interest in my child's online activities and the apps/programs they use. If I'm unfamiliar with something, I'll ask, listen, and learn.
- When my child approaches me with concerns, ideas, requests, or problems about their online activity, I will listen attentively.
- If my child informs me about someone in danger, I may need to talk to other adults (school, police, doctor, another parent). I'll involve my child in my plans, but ultimately I will be the one to decide on next steps.
- I will strive to respect my child's privacy, while still reserving the right to access their devices and accounts if I have concerns.
- I have the right to regulate my child's technology and internet usage. If they follow this agreement and maintain my trust, I may increase their tech time and independence.
- Our communication will be kind and respectful, without yelling, as long as my child is open and honest with me.
- I'll set an example by not using my phone while driving unless it's hands-free and safe.
- I'll educate myself about safety features and parental controls on the devices my child uses.
- I recognize that everyone makes mistakes. If my child tells me they've made a mistake, we'll work together to learn from it and prevent recurrence, understanding there may still be consequences.

As a family, these are the other rules around internet and tech device safety that we agree to:

Parent's Signature: _____ Date: _____

Child's Signature: _____ Date: _____