

INTERNET AND CELL PHONE SAFETY – FAMILY CONTRACT

TEEN COMMITMENT:

- I understand that it's my parents' job to keep me safe, and that there are very important reasons for these rules.
- I appreciate that my parents are entrusting me with technology like computers and cell phones. I promise to treat the topic of online safety seriously.
- I will not disclose personal information like my address, phone number, school, or parents' work details to anyone I don't know. This includes social media or gaming platforms.
- I won't share our family's private matters online.
- I will tell my parents or another trusted adult right away if I feel like I'm in danger or if something is inappropriate or makes me feel uncomfortable.
- I'll tell my parents or another trusted adult if someone I know is in trouble or in danger.
- I won't send, forward, or post comments or pictures that I know are mean or inappropriate.
- I'll only take pictures on my device that I'm comfortable sharing with the world. If it's something meant to be private, I won't take the picture.
- I understand that some pictures teen's take could be illegal. I promise not to take or share any pictures that could be illegal. If someone sends me a photo that could be illegal, I'll involve my parents.
- I will never meet up with anyone I only know from online.
- I won't accept money or items of any value from someone I only know from online.
- I won't accept follower or friend requests from strangers and won't follow the personal account of anyone I don't know. Official celebrity and brand accounts are OK.
- I won't try to bypass any internet security programs my parents install on our family's computers, phones, or routers.
- I will not share my computer or phone passwords with anyone, even a best friend.
- When asked, I'll help my parents understand how apps or programs work.
- I won't use or look at my phone while driving or at any other time it could endanger myself or others, including texting or using the camera.

If I break my commitment, the consequences may include:

Teen's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____