Family Internet Safety Agreement

A printable family contract for establishing clear, agreed-upon digital rules at home.

NOTE How to use this agreement: Read through it together as a family, discuss each section, customize any rules to fit your household, then have everyone sign it. Post it somewhere visible - such as near the family computer or on the refrigerator.

PART 1 - OUR FAMILY'S DIGITAL VALUES

Our family believes that technology is a powerful tool that can educate, connect, and inspire us. We also believe that healthy boundaries around technology help everyone - children and adults - live happier, more balanced lives. We make this agreement together, as partners, not as rules imposed from above.

We agree to treat each other with respect and honesty about our online activities, and to support one another in building safe, healthy digital habits.

PART 2 - SCREEN TIME RULES

- ☐ Weekday screen time for recreational use is limited to _____ hours per day.
- ☐ Weekend screen time for recreational use is limited to _____ hours per day.
- ☐ Screens are put away at least 1 hour before bedtime (blue light disrupts sleep).
- ☐ No screens during meals - we use mealtimes for family conversation.
- ☐ Devices are charged outside of bedrooms overnight (phones are not alarm clocks in bedrooms).
- ☐ Homework and chores are completed before recreational screen time begins.
- ☐ Screen-free days: _____ (example: Sundays, or one day per week).

PART 3 - PERSONAL SAFETY ONLINE

- ☐ We NEVER share our home address, school name, phone number, or daily schedule with strangers online.
- ☐ We NEVER share passwords with anyone except trusted parents/guardians (even best friends).
- ☐ We NEVER agree to meet someone in person who we first met online without a parent present.
- ☐ We tell a parent immediately if anything online makes us uncomfortable, scared, or confused - with NO fear of punishment for reporting it.
- ☐ We NEVER share photos or videos of ourselves with people we don't know in real life.
- ☐ We understand that once something is shared online, it can be permanent - even 'deleted' content may live on in screenshots.

PART 4 - SOCIAL MEDIA & COMMUNICATION

- [ ] Children under 13 will NOT have accounts on platforms requiring users to be 13+ (per COPPA).
- [ ] Teenagers will only connect with people they know in real life on social media.
- [ ] We will review privacy settings together every 3 months to ensure accounts are set to 'Private'.
- [ ] We will not post photos showing our home address, school uniform with school name, or real-time location.
- [ ] Parents have the right to review social media accounts until children are _____ years old.
- [ ] All messaging apps used by children are known to and approved by parents.
- [ ] We apply the 'Grandma Test' before posting - would we be comfortable if grandma saw this?

PART 5 - CYBERBULLYING & DIGITAL RESPECT

- [ ] We treat others online exactly as we want to be treated - with kindness and respect.
- [ ] We NEVER send mean, threatening, or harassing messages - even as 'jokes.'
- [ ] If we witness cyberbullying, we take screenshots (evidence), support the victim privately, and tell a trusted adult.
- [ ] If we receive cyberbullying: we Screenshot first, then Block, then tell a parent immediately.
- [ ] We NEVER share content meant to embarrass or humiliate another person.

PART 6 - NEW APPS, GAMES & ACCOUNTS

- [ ] Children must ask a parent before creating any new online account or downloading any new app.
- [ ] Parents will review the app's privacy policy and age rating before approving.
- [ ] In-app purchases require parent approval (settings are configured to require a password).
- [ ] We review installed apps together every _____ months and remove unused or inappropriate ones.

PART 7 - PARENT RESPONSIBILITIES

Parents also make commitments in this agreement:

- [ ] I will model the behavior I expect from my children - including limiting my own screen time during family time.
- [ ] I will not read private messages without cause, but reserve the right to check accounts for safety.
- [ ] I will respond without judgment when my child comes to me with online concerns - my first reaction will be support, not punishment.
- [ ] I will keep up with digital safety topics and discuss them regularly with my children.
- [ ] I will update parental controls and privacy settings as my children grow and earn more independence.
- [ ] I will review and update this agreement with my family every year or when major changes occur.

OUR FAMILY SIGNATURES

By signing below, we agree to uphold this family internet safety agreement and to support each other in our digital lives.

Parent / Guardian 1 signature _____ Date _____

Parent / Guardian 2 signature _____ Date _____

Child signature

Date

Child signature

Date

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