

Our family online agreement

Fill this in together, in pencil. Tick the lines that fit your family, cross out the ones that don't, and add your own. It is a plan to revisit as everyone grows, not a contract to win.

Where and when

- ☐ Devices charge outside bedrooms overnight.
- ☐ Screens stay off at meals unless we agree otherwise.
- ☐ Screens go off — minutes before bed.
- ☐ We look at new apps and games together before downloading.

OUR OWN RULE _____

Who we connect with

- ☐ We accept friend requests only from people we know offline.
- ☐ We check with a grown-up before joining a new server, group chat, or game lobby.
- ☐ If someone asks to move to a private chat or another app, we pause and tell a grown-up.
- ☐ We never meet an online-only friend without a grown-up.

OUR OWN RULE _____

Our people

Two adults I can go to, at home or away:

NAME AND HOW TO REACH THEM _____

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Before we share

Four questions before posting a photo, video, or personal detail:

- Does it show my school, my routine, my home, or where I am right now?
- Would I be okay with a teacher or grandparent seeing it?
- Is anyone else in it, and did they say yes?
- Would it be okay if it were screenshotted and passed on?

If something feels wrong

- ① Stop. You don't have to reply, even to be polite.
- ② Don't send money, gift cards, or photos, no matter what someone threatens.
- ③ Don't delete anything. Tell one of our people below, and we'll decide together whether to block and report.

Telling us will never cost you your device. Asking for help always comes first.

What grown-ups agree to

- ☐ I will stay calm and listen before I react.
- ☐ I won't take away a device as punishment for asking for help.
- ☐ I will follow the screen rules we set for everyone.
- ☐ I will ask before posting photos of you.

Signed, and our next check-in

SIGNED _____

SIGNED _____

SIGNED _____

NEXT CHECK-IN DATE _____

ONE THING TO TALK ABOUT THEN _____

WHERE TO GET HELP

Danger right now
Call 911

Online exploitation
CyberTipline: 1-800-843-5678
report.cybertip.org

A child's nude image online
Take It Down
takeitdown.ncmec.org

Child abuse
Childhelp hotline
1-800-422-4453

Your state's hotline
Look it up at
safernotscared.org/parents/state-help