

# Staying Safe Online

## Family Contract

Many families find it helpful to have a contract that really defines online and other technology parameters. Transfer ownership and responsibility to your kids by creating your own family contract, using the points below as a guide. Be sure to review and refine it as your kids grow.

1. I will always tell a parent or another adult immediately if something is confusing, or seems scary, threatening or wrong. \_\_\_\_\_
2. I will never give out my full name, real address, telephone number, school name or location, schedule, password or other identifying information when I'm online. I will always check with an adult for exceptions. \_\_\_\_\_
3. I will never have a face-to-face meeting with someone I have met online without my parents present \_\_\_\_\_
4. I will never go into a chat room without my parent's approval and presence. If I am at a friend's home, I will call my parents before going online. \_\_\_\_\_
5. I will never send a picture of myself or anyone else online (or regular mail) without my parent's permission. \_\_\_\_\_
6. I will not 'speak' negatively or nasty to anyone online. I will not gossip online \_\_\_\_\_
7. If someone starts talking to me in a chat room – looking for information – or continually finding me  
online, I will tell my parents/adult immediately. \_\_\_\_\_
8. I will abide by our agreed on time limits online  
for schoolwork  
Online time with friends/acquaintances
9. For every minute that I am online with friends, I will spend equal time with my family – engaged in family activity (helping, playing, interacting, talking...)
10. I will share with my parents where I like to go online and help them to learn more.

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Signature (student)

date

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Signature parent(s)

date