

Family Contract

Use this outline of a family contract as a starting point. Re-word the points into your own language and for age appropriateness. At the bottom add-in whatever your standard consequence is going to be; two weeks of complete device lock-down (including phones) is a good solid place to start. It makes discipline easier later if everyone already knows what the consequence is going to be ahead of time.

Each child should get their own version of the contract, and then it should be signed by the child and both parents.

- My personal online safety is my first priority.
- I understand that my safety is also my parent's first priority and that sometimes my parents may need to limit: the time I spend online, the places I go online, and who I communicate with online.
- I understand that my parents may choose to take my devices away whenever they feel it is appropriate.
- I understand that this contract applies to all electronics including computers, tablets, smartphones, iTouch, gaming consoles, PC gaming, handheld games, and any other device I might have access to – even those that don't belong to me.
- I understand that these rules apply to me even when I'm using someone else's device or I am in someone else's home.
- I understand that mom and dad are going to be placing limits on how often I can use my devices and that we will have a time in the evening when all devices are turned in and shut off. I understand that this rule will be applied to all of my friends during a sleepover.
- I know that there are people online who use fake accounts in order to hurt children. Because of this you can never really be 100% sure who anyone is online.
- I understand that once you post something it is impossible to take back. I understand that Snapchat cannot delete my snaps or communications.
- I will always use an appropriate username or handle which contains NO self-identifying or sexualized content.
- I will not cross-promote my usernames in my social networking bios.
- I will provide and maintain a list of my username and passwords for my parents at all times, this includes the screen lock on devices. If I change a username or password without updating the list, I understand that I will receive the standard consequence listed below.
- I will never share my login information with any of my friends or anyone besides my parents because I understand that someone might be a friend today, and not be a friend tomorrow.
- I will never post any personal information onto a social profile including: phone number, city, school name, team name, age, date of birth, etc.



- I will treat others the way I want to be treated because I understand that it's the right thing to do. I also understand that cyberbullying can be considered a crime. I will use the "Grandma Filter" at all times.
- I will not share TMI content online because I understand that cyberbullies and strangers may want to use it against me.
- I will never friend, follow, or connect to anyone that my parents have not met in real life because I understand that this can be a security risk.
- I will ask my parents before I install any new app or social networking platform. If they decide to not allow it, I will understand. And if I have a hard time understanding, I know that the standard consequence listed below can be used to help me understand.
- I will tell my parents if I receive photos, videos, links, texts, or emails which scare me or make me feel uncomfortable. I understand that adults are never supposed to share this content with me.
- I will never take a nude or sexually suggestive photo of myself because I understand that this is a crime. In addition, I will never take a nude or sexually suggestive photo of anyone else - for the same reason.
- I will never ever ever attempt to meet someone in real life who I have only known online because this is a huge security risk. I understand that there are people in the world who want to do harm to children.
- I know that I can always speak with my parents if I need someone to talk to, and that even if they don't always completely understand – that they love me, and that's more important than anything else.

Standard consequence will be _____

Child's Signature _____

Parent's Signature _____

Parent's Signature _____

Date signed _____

