Child Rescue Coalition

Family Contract for Online Safety & Responsibility

Being safe online is the #1 responsibility for everyone in the family. In a time where technology is an important part of each family member’s life, whether it’s for fun, education or work, this contract will help to guide us in the best ways to stay safe online.

Social Media Contract for Tweens and Teens:

1. I will let you have full access to logins to my social media, app and email accounts. I understand it is up to your discretion to review at any time and without prior notice.

2. I will be honest and open with what I am doing online.

3. I will get permission before downloading any new apps or logging onto a new website.

4. I will not share sensitive information about myself or my family online. – No last name, no school name or even the city or town that I live in. I will not post that I am home alone.

5. I will not use any devices in my room or bathroom unless I am given permission. At night, all devices will remain in our family’s common area.

6. I will not talk to strangers online...PERIOD.

7. I will not accept friend requests from people I don’t know, even if they are friends of a friend.

8. I will check my privacy settings once a month and keep them on a setting that is agreed upon by our family.

9. I will always keep location tracking settings on, and will not change the settings set by my parents.

Social Media Contract for Parents:

1. I will share my expectations for what is safe online practices with you, and provide a reason for why the rules exist.

2. I will take time to understand what you enjoy doing online and spend time on the platforms, so I understand how it works.
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3. I will check your social media accounts, emails, and text messages regularly to ensure that you are staying safe and behaving appropriately on social media.

4. I promise not to overreact if I see something online that concerns me. We will discuss it together and come up with a solution that works for our family.

5. I promise that I will be available or make time if you have issues with bullying or if a stranger contacts you.

6. I promise to model what appropriate online behavior looks like. I will not use my own devices while driving, or during specified family times.

7. I will pause before I post on social media. Consider the following before sharing:
   a. Why am I sharing this?
   b. Would I want someone else to share an image like this of me?
   c. Would I want this image of me or my child viewed and downloaded by predators on the Dark Web?
   d. Is this something I want to be part of my/my child’s digital life?
   e. Do I have my friend’s permission to share this image of him/her?

8. If your safety is in anyway compromised, I will do all in my power to protect you.

As a family, we have determined the following consequences for breaking any of the above rules:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Signed by:

_______________________________  _______________________________
CHILD                                              PARENT(S)

_______________________________  _______________________________
PARENT(S)                                                   PARENT(S)