

## Safe Online Together

### Family Technology Agreement Template

The following family technology agreement can be used as a guide to help parents/carers and their children discuss and agree on the terms of their own family agreement for using media and technology. This template can be adapted by families to suit their own needs.

#### Child pledge

I \_\_\_\_\_ (name of child) agree to:

##### **Protect my privacy**

- ☐ I will not share personal information such as my full name, address, school, phone number, and date of birth unless it is necessary and I have my parents' permission.
- ☐ I will not share my passwords with anyone (even my friends!) other than my parents.

##### **Be respectful**

- ☐ I will not bully or humiliate anyone online, spread gossip or rumours, or set up fake accounts. I will stand up to those who do.
- ☐ I will consider how my online actions affect others and will not send or share messages, photos or jokes that may be hurtful or damaging to others (even if they are not intended that way).
- ☐ I will respect others' privacy, and not share information or photos of someone else without their permission.
- ☐ I will be inclusive. I will not deliberately exclude friends from online group chats or activities to hurt their feelings.
- ☐ If I share, forward, use or reference someone else's work online, I will give them credit for it.
- ☐ I will respect other people's digital property and space. I won't steal, hack or break into other people's accounts or use other people's content without permission.
- ☐ I will not send repeated, unwanted messages to people.
- ☐ While I may not like all of the rules that my parents have set about technology use, I understand that my parents want to keep me safe and healthy.

##### **Be safe**

- ☐ I will only download apps from legitimate app stores (such as the Apple App store or Google Play), and will check to make sure that they are appropriate for me.
- ☐ I will only share my location through apps with family and close friends that I know in the offline world.
- ☐ I will walk away from the device if something happens online that makes me feel uncomfortable and tell a trusted adult.
- ☐ I will set my accounts to private.

## **Ask**

- ☐ I will ask permission before creating accounts, signing up for things, downloading certain apps, or making online purchases.
- ☐ I will ask for help managing my privacy settings for online accounts and profiles.

## **Think first**

- ☐ Before I post or share information, I will think about how that information contributes to my digital footprint and what it says about me.
- ☐ Before I photograph or film others, I will consider the reasons why I am photographing or filming them, and whether or not they would likely consent to being photographed or filmed.

## **Take care**

- ☐ I will care for the technologies and devices that I use, and tell my parents if something is broken, stolen or lost. I understand that there may be consequences if I do not exercise proper care for devices.

## **Be critical**

- ☐ I will be critical of online information and websites, and conduct further searches if necessary to work out if a site or source is credible.

## **Be balanced**

- ☐ I will be mindful of how much time I spend with screens and devices and prioritise media activities that bring me joy and fulfillment over activities that make me feel stressed or unhappy.
- ☐ I will put my phone 'to bed' at an agreed time at night in a common area of the house (for example, the kitchen).
- ☐ I will respect any time or place rules that my parents have imposed (e.g no devices at the dinner table, no devices after 9pm, or until homework is completed). If there is a valid reason why I cannot follow that rule (for example, completing homework on a device), I will explain this to my parents.
- ☐ I will continue to enjoy a range of activities, such as sport, hobbies, and spending time with friends and family.

## **Talk to my parents**

- ☐ I will talk to my parents if I am contacted online by someone I don't know that makes me feel uncomfortable.
- ☐ I will get my parents to help me deal with problems that I experience in online environments.
- ☐ I will ask my parents to help me make the most of digital technologies.
- ☐ I will tell my parents if anyone is mean to me, or others, online.
- ☐ I will talk to my parents if I encounter something online that I find scary or upsetting.
- ☐ I will tell my parents if anyone approaches me online or asks me to do anything that makes me uncomfortable.
- ☐ I will tell my parents if I have done the wrong thing online.



## Parent pledge

I \_\_\_\_\_ - (name of parent/s) agree to

- ☐ Acknowledge the importance of media and technologies to my child, and the range of benefits and opportunities afforded by them.
- ☐ Answer any questions that my child has about the online world. If I don't have the answers, we can find out together.
- ☐ Discuss online risks with my child and help them navigate those risks. Explain that managing risks involves imposing reasonable rules and guidelines that need to be followed.
- ☐ Respect that my child has a reasonable right to privacy and autonomy.
- ☐ Ask for my child's permission before posting photos or information about them on social media.
- ☐ Protect my child's privacy by not sharing their personal details online.
- ☐ Put my device down when I am having a conversation with my child and give them my full attention.
- ☐ Not use my device during pre-arranged family technology-free times.
- ☐ Model good technology habits and abstain from using technology while driving or undertaking other activities that require my full attention.
- ☐ Consider when it is appropriate to text or call my child, and avoid texting at inappropriate times such as when they are in class.
- ☐ Take appropriate action if my child has done the wrong thing or broken family rules. However, I will try not to overreact and will consider removing my child's device only in exceptional circumstances.
- ☐ I will show an interest in the media-related activities my child likes to do the most. (This might include, for example, agreeing to watch a YouTube video that your child loves, or watching your child play a game).