

# Family Online Safety Agreement

When creating a family online safety agreement, consider the following elements:

- promote open and supportive communication
- learn about social media apps together
- encourage privacy and safety by
  - reviewing social media apps' privacy and safety settings together
  - using passwords with numbers, capitals, and symbols
  - keeping passwords private and changing them often
  - avoiding the posting of personal information
  - turning off location settings and not using geotags.



Think before you post: Is it true? helpful? inspiring? necessary?

See something, say something (if you see negative or unsafe behaviour online).

Is there an immediate concern that we need to address (excessive gaming/use of tools, inappropriate content, bullying, etc.)?

**When designing a Family Online Safety Agreement together, discuss the content of the two main sections of the agreement (content and signatory sections).**

## Content Section

This family agreement

- is designed to understand proper technology use and set expectations between at least two people (parent/guardian and child[ren])
- captures an open conversation
- is a tool to make smart decisions about online interactions and technology use
- identifies goals that set realistic rules that make sense for our family so we can make the most out of media and tech time
- builds our skills and understandings about the digital world
- establishes boundaries that outline rewards and consequences
- can address an immediate or ongoing concern.

## Signatory Section

This family agreement

- is designed with input from parent/guardian and child(ren)
- is active when signed by parent/guardian and child(ren)
- allows family members to revisit and edit the agreement as needed, together
- will reflect ongoing online safety family conversations
- will not be signed and forgotten about.

## Questions to ponder when designing a Family Online Safety Agreement

### Is it private?

- Do I know about and use privacy settings?
- Do I know who is involved? Is this person a stranger?
- Is my location sharing service turned on? Is it dangerous for me to let people to know where I am?
- Do I add people I do not know?
- If this is shared in the news/media, how will I feel?

### Is it positive?

- Is this action helping or hurting me?
- Would I do/say this in person?
- Am I being a good person/friend/citizen?
- Is this making the situation better?
- Am I sharing too much? How do I know?

### Is it real?

- How do I know this is real?
- Is this person a friend or pretending to be one?
- Do I feel good about what is happening and what I am doing?
- Can this be undone?
- If a person of authority sees this, what would be the response?

### Is it healthy?

- Is this good for me mentally, physically, socially, emotionally?
- Will I or someone else get hurt?
- Does this bring balance to my life?
- Will I be proud of my actions tomorrow?

### Is it good for me and my family?

- Does this improve my relationship with my family?
- Am I willing to talk to my family about this?
- Should I talk to a family member first?
- Will I want to share with or explain this to my grandparents?





- set my device aside during mealtimes
- shut down my devices at bedtime (8:00 p.m.)
- not use my device in my bedroom
- not talk to or connect with strangers
- limit my gaming to ...
- be accountable and take responsibility for my actions on social media and online

Parents/Guardians Sample Agreement Considerations

- set an example with my own device use
- create a “screen-free zone” or “screen-free time” to spend time together with child(ren)
- set boundaries with the child(ren)’s input
- make time to listen, question, help, support child(ren)
- investigate and implement parental control where appropriate
- model responsible social media behaviour
- report any serious concerns to authorities
- safely keep your child(ren)’s passwords, password updates, and pins for devices and apps
- show interest in their online activity (apps, sites, social media)
- model limiting time for my internet usage
- educate my child(ren) about cyber security and learn from my child(ren)’s experiences and knowledge
- install an antivirus on all devices
- monitor child(ren)’s online activities where appropriate

**Examples**

This Family Online Safety Agreement is jointly discussed and agreed upon. The purpose is to ensure safety and maximum use and enjoyment out of online tools and technology. This applies to personal devices and technologies used on the devices.

*This Family Online Safety Agreement is jointly discussed and agreed upon. The purpose is to ensure safety and maximum use and enjoyment out of online tools and technology. This applies to personal devices and technologies used on the devices.*

Parents: I agree	Child(ren): I agree
<ul style="list-style-type: none"> <li>- to set an example with my own device use</li> <li>- to create a 'screen-free zone' or 'screen-free time' to spend time together with child(ren)</li> <li>- to model responsible social media behaviour</li> <li>- to safely keep you child(ren)'s passwords and pins for devices and apps</li> </ul>	<ul style="list-style-type: none"> <li>- keep personal information private/confidential (YAPPY = Your full name, Address, Phone number, Passwords, Your birthday, plans, school...)</li> <li>- to visit websites suitable for someone my age</li> <li>- to tell my parents when I see something bad/inappropriate online</li> <li>- to ask permission before downloading anything</li> </ul>

What are some other agreed upon rules for our family?

\_\_\_\_\_

\_\_\_\_\_

I agree to these rules.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Child Signature \_\_\_\_\_ Date \_\_\_\_\_

Child Signature \_\_\_\_\_ Date \_\_\_\_\_

*This Family Online Safety Agreement is jointly discussed and agreed upon. The purpose is to ensure safety and maximum use and enjoyment out of online tools and technology. This applies to personal devices and technologies used on the devices.*

**We agree to respect our family's privacy by:**

- keeping our passwords secret,
- keeping our family's personal information private (YAPPY).

**We agree to keep an open dialogue about online experiences:**

- if I feel uncomfortable/scared/worried, I will tell my parents,
- if I see something bad/inappropriate online, I will tell my parents.

**We agree to be smart/cautious when online:**

- to accept friend requests only from people I know,
- to share appropriate information, pictures, comments (things your family, teachers, friends and future employers would enjoy seeing).

**We agree to be kind when online:**

- to be polite and kind, treat others online how I would like to be treated (if you would not say it in real life, do not say it or type it online)

**Other agreed upon rules for our family?**

\_\_\_\_\_

\_\_\_\_\_

We agreed to these rules on (date) \_\_\_\_\_.

Parent/Guardian Signature \_\_\_\_\_ Child Signature \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Child Signature \_\_\_\_\_

## Sample Agreement Templates (Boxes Expand)

### Example 1

This Family Online Safety Agreement is jointly discussed and agreed upon. The purpose is to ensure safety and maximum use and enjoyment out of online tools and technology. This applies to personal devices and technologies used on the devices.

<i>Parent/Guardian</i>	<i>Children</i>
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What are some other agreed upon rules for our family?

I agree to these rules.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Child Signature

\_\_\_\_\_  
Date

**Example 2**

This Family Online Safety Agreement is jointly discussed and agreed upon. The purpose is to ensure safety and maximum use and enjoyment out of online tools and technology. This applies to personal devices and technologies used on the devices.

We agree to... (As many as agreed by parent/guardian and child)

What are some other agreed upon rules for our family?

I agree to these rules.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Child Signature

\_\_\_\_\_  
Date

This document is not a legal document.  
It is a resource for parents/guardians, caregivers and students to support communication about online risks.