



starting out...

- *I will not share personal details such as full name, date of birth, address, phone number or school without checking with a parent
- *I will not share my password with others, even my close friends
- *I will discuss with a parent an appropriate time limit to play games if I am not getting off without a fight
- *I will click on the cross in the corner if any pop up boxes turn up on my screen
- *I will let my parents know if I see anything that makes me feel bad, yucky or makes me uncomfortable
- *I will not download any apps or games without my parents permission
- *I will remember that my device and the technology is just one way that I learn and play and I need lots of different experiences away from the screen to grow my body and brain
- *If I don't abide by these rules then my parents can take the appropriate steps to help me manage my internet and device use better

Signed by child _____

Signed by Parent _____

Date: _____





tweens and beyond

- * I will not post anything online that may intentionally cause hurt, distress or embarrassment to others
- *I will not 'like' or 'share' anything that may be disrespectful to others or cause them hurt or embarrassment. I will remember that by doing so I am endorsing the same sentiments as the post
- *I will not neglect other areas of my life in favour of time spent with my device. ie I will still make time for friends in real life, homework, chores, eating and sleeping
- *I will not post photos or videos of my friends without their permission, especially if I think they wouldn't approve
- *I will speak to a trusted adult if I see anything online that makes me feel nervous, uncomfortable or threatened in any way
- *I will understand that the world is full of people with vastly different values and beliefs. I will keep that in mind before making judgements of others online
- *I will take the time to walk away and think before posting anything online when I am angry or mad
- *I will remember that nothing is ever really private online, so I will only post things I am happy for the rest of the world to see
- *If I don't abide by these rules then my parents can take the appropriate steps to help me manage my internet and device use better

Signed by adolescent _____

Signed by Parent _____

Date: _____