Family Online Safety Agreement
Ages 13 and Under

Online safety is a partnership. To make sure everyone stays safe and responsible on the Internet, it's important for kids and adults to agree on the ways that personal devices and technology will be used.

Share with me/us what you're doing online

Always be kind, polite, and respectful to others online

Only access or download music, videos, social apps or gaming accounts with my/our knowledge

Think before you post a comment, send a chat, or hit the like button. Understand that what you post today will still be there tomorrow and may be there forever

Only use your device at times that we have agreed on, and respect limits

Don't access inappropriate content or apps

Tell me/us if you see bad or disturbing content so we can avoid or report it

Use security and privacy settings for each account

I acknowledge that parental controls will be used when needed

Be a responsible digital user and respect these guidelines for what I am allowed to do online

Understand the importance of balance and non-tech activities in my life

Have fun, be creative, and explore safely!

What other rules are best for our family?

_____

_____

_____

I agree to these rules.

Child's signature .... Date ....

I/we agree to support you with these guidelines fairly. I/we agree that the digital world offers plenty of opportunities that I/we would like you to experience, while there are a few risks that I/we must help you avoid.

Parent/Guardian Signature .... Date ....

Parent/Guardian Signature .... Date ....

For more information:
fosi.org/parenting

Cell phone contract for younger kids

This contract between _____ and _____

begins on _____ . We'll look at it every _____ weeks to see how it's going.

Kid section

I know I need to:

- ☐ Think before acting
- ☐ Stay safe
- ☐ Be responsible for what I do
- ☐ Take care of my phone

I will remember that having a phone is a privilege and a responsibility.
I agree to (check all that apply):

- ☐ Only use this phone to call people I'm allowed to call.
- ☐ Not send or forward mean or inappropriate texts or pictures.
- ☐ Get permission before downloading any apps.
- ☐ Respect that between _____ and _____ are phone-free hours.
- ☐ Leave my phone in the _____ for charging during homework time and at bedtime.
- ☐ Give you my password(s) and know you'll be doing random checks.
- ☐ Understand that if I break or lose my phone, it may not be replaced.
- ☐ Answer when you call.
- ☐ Tell you about anything I see or receive on my phone that makes me uncomfortable.

Parent or guardian section

I know that having a phone takes some getting used to. I need to:

- Understand you'll make mistakes.
- Listen to you when you tell me about something that makes you uncomfortable online.
- Learn new things so I understand the apps you want to use.
- Set a good example by not texting and driving.

Understood

Cell phone contract *for younger kids*

Deal-breakers

We agree that the following behaviors are deal-breakers and will cause my phone to be taken away until we work out a new contract.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Signatures

_____ Child

_____ Parent or caregiver

Understood

Cell phone contract for older kids

This contract between _____ and _____

begins on _____ . We'll look at it every _____ weeks to see how it's going.

Kid section

I agree that the following are concerns when I use my phone (check all that apply):

☐ Thinking before acting   ☐ Managing my time

☐ Coping with distractions   ☐ Being accountable for my actions

I agree that having a phone is a privilege and a responsibility.
I agree to the following for the period of this contract (check all that apply):

Thinking before acting

☐ Avoid risk by not posting inappropriate pictures or videos.

☐ Act as though everything I share, text, or post will be read by you.

☐ Use my phone to communicate only with people I know and trust, and let you know if exceptions come up.

☐ Lend my phone only to people I know and trust and only within my sight.

Managing my time

☐ Respect that between _____ and _____ are phone-free hours.

☐ Keep track of and respect the limits on my phone's plan (minutes, texts, and data).

☐ Leave my phone in the _____ for charging during homework time and when I go to bed.

Coping with distractions

☐ Designate a spot for my phone in my backpack or bag.

☐ Put my phone away during class and at family mealtimes.

☐ Never text or make phone calls when driving.

Being accountable for my actions

☐ Give you my password(s) and know you'll be doing random checks.

☐ Keep my phone charged and answer when you call.

☐ Spend a maximum of $ _____ on apps per month and pay any overages.

☐ Replace my phone at my own expense if I break it or lose it.

U Understood

Cell phone contract for older kids

Parent or guardian section

I know that we both might make mistakes when it comes to cell phone use. I agree to (check all that apply):

- [ ] Learn new things so I understand the apps you want to use.
- [ ] Set a good example by not texting and driving.
- [ ] Not overreact if you make a mistake.
- [ ] Listen to you when you tell me about something that makes you uncomfortable online.

Deal-breakers

We agree that the following behaviors are deal-breakers and will result in my phone being taken away for _____ days/weeks (circle one).

_____

_____

_____

_____

_____

_____

Signatures

_____   Child

_____   Parent or caregiver

Understood

Rules for Video Games and Screen Time

I will play my video games for a period of time that my parents and I have discussed and agreed upon.
Weekdays:
Weekends:
Holidays:

I will ask my parents permission before I play on any device.

I will get a warning when I have 10 minutes left to play my games. In that time I will finish or save my game.

I will not argue when my time is up. If I do, I will lose my game time the following day.

All technology will be shut off (and turned in to my parent) by _____. If a device is not turned in or is used without permission consequences will occur.

My parents can and will monitor all use of technology within the house, and are able to access my accounts and devices at any time.

Before I play online with other players, I will always tell my parents first.

If someone is being mean or inappropriate to me or someone else while I am using technology, I will not respond and then I will tell my parents immediately with the understanding that I will not get in trouble.

I will follow the privacy settings determined by my parent(s), and will not communicate with anyone I do not know. If someone con¬tacts me who is not approved or I do not know, I will talk with my parent(s) before communicating with that person.

I will not publicly post any of my personal information. Personal information includes, and is not limited to: my last name, address, phone number, name of my school and/or information about my family members.

I will check with my parent(s) before downloading any software or apps.

This agreement is in place for my own well-being and safety. If I do not follow the rules then mom and dad have the option to take away the games for a period of time specified by them.

_____

Signature

Gaming Safely

NetSmartz®

Parental involvement is critical when it comes to helping children game more safely. Take an **active interest** in the games that your child plays and wants to buy; that means **doing a little research** on the game's rating, game-play style, content and age-appropriateness.

Know about the settings and capabilities for the equipment and systems your child uses. For example, many children enjoy gaming on a console as well as a cellphone or tablet. Many platforms have "cross-play" features where people can find and communicate with users across multiple platforms and devices.

Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games, like a friend's house or community center.

Tell your child never to give out personal information while gaming. This includes talking about personal information that might be revealed in a screen name or gaming profile. Remind them never to agree to meet offline with someone they know exclusively through gaming.

Set rules about how long your child may play, what types of games are appropriate, and who else may participate. Use the parental controls when setting up the game system. Look for ways (like a PIN number) to prevent your child from changing the settings.

Have your child check with you before using a credit/debit card online. That means no auto-saving card details on the game console or device.

Check to see if the games your child plays have reporting features or moderators. Review these features with your child. Remember, you can also report inappropriate online interactions with children to **CyberTipline.org**

Start a Discussion with Your Child

- Would you show me how some of your **favorite games** are played? **Could we play together?**

- How do you **respond** if someone bothers you while you are gaming?

- How much do you let people **know about you** while gaming?

- **What kinds** of people do you game with?

- Do you feel **safe** while you are gaming online? **Why or why not?**

A program of the

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

For more resources, visit **MissingKids.org/NetSmartz**

WAYS TO STAY SAFE ONLINE

Stop communicating if you feel UNCOMFORTABLE

It's difficult to know when someone is being honest or lying online. If anyone ever asks you questions that make you feel uncomfortable, stop responding and tell a trusted adult.

Don't post or send naked PHOTOS of yourself

You do not know what will happen to the photos in the future. They could be wrongfully shared out of anger or as revenge.

Keep personal details PRIVATE

Do not share your full name, address, phone number, age, school or grade.

Be careful with HASHTAGS

#classof2021 or #MHSGirlsSoccer could identify your age, location or activities.

Keep chat and game rooms PUBLIC

Don't use private messages unless you are certain you are talking to someone you know in real life.

Keep your passwords SAFE

Do not share your passwords with anyone other than your parents.

Turn OFF location services

Do not include your location when you share photos, posts or updates.

STRONG4LIFE

Children's Healthcare of Atlanta

Potential signs your child may be at risk for danger

- Your child spends large amounts of time online, mainly at night.
- You find pornography on your child's computer or phone.
- Your child receives phone calls from, or makes calls to, numbers you do not know.
- Your child receives mail, gifts or packages from someone you do not know.
- Your child is using an online account that belongs to someone else.
- Your child withdraws from you or their friends.
- Your child appears to be upset, sad or frightened about something.

Additional resources

Visit the sites below for more media safety advice and tips for children and teens:

Children's Healthcare of Atlanta Strong4Life
Strong4Life.com

National Crime Prevention Council
ncpc.org/topics/internet-safety/tips-for parents

Common Sense Media
commonsensemedia.org

Connect Safely
connectsafely.org

National Center for Missing & Exploited Children
missingkids.org/education

Locations

The Children's Healthcare of Atlanta Stephanie V. Blank Center for Safe and Healthy Children

Scottish Rite campus
Northside Professional Center
975 Johnson Ferry Road NE, Suite 350
Atlanta, GA 30342

A service of Children's Healthcare of Atlanta Scottish Rite hospital.

Hughes Spalding campus
35 Jesse Hill Jr. Drive SE
Atlanta, GA 30303

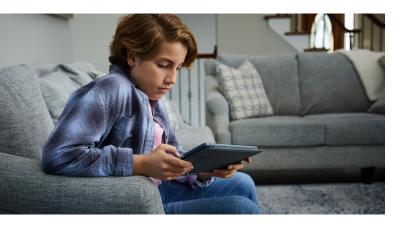### Children's Healthcare of Atlanta

choa.org

Children's Healthcare of Atlanta

Keeping your child safe online

Managing social media, messaging and gaming apps, devices and platforms

There are a lot of benefits with online tools and communities, but kids need to think about how what they share and how they behave online can impact their safety and security. It can be tricky to balance your child's safety and privacy, but safety should be the main concern. One of the most effective ways to protect against online dangers is to have regular, open conversations with your kids.

Talking with your child about being online

- Ask your child what websites and apps they use.
- Ask your child regularly what kinds of things they see and talk about online.
- Tell your child about the different things they may find on the internet.
- Let your child know that not everyone online can be trusted.
- Ask your child who they talk to online and if they know them all in real life.
- Let your child know they can always come to you if they find something questionable or uncomfortable online.
- Let your child know that a gut feeling is a good enough reason to share with a parent or a trusted adult.
- Share stories of how people have been lied to or mistreated online. Hearing about a news story or a friend's experience may let your child know it's OK to open up.

Protecting your child's identity online

- Tell your child to only share information or photos they would be comfortable with anyone seeing—family, teachers, coaches, future employers and the police can all see online activity, and even deleted information can be recovered.
- Help your child understand what information should stay private (and do not share your child's information on your social media either):
  - Full name
  - Address
  - Age
  - Passwords
  - Phone number
  - School name
  - Grade in school
  - Social Security number
  - Financial information
- Talk with older kids about avoiding sexual content online. Predators pose as children or teens to talk to children online, so make it clear that sex talk is not acceptable and explain your safety concerns.
- Ask your child whom they talk with online, and encourage them o only add "friends" they know in real life. Review their online friends list regularly.
- Ensure everyone in the home uses privacy settings and turns off location tracking on social networking sites, apps, chat and video accounts. Talk to them about why these settings are important and who should be allowed to view their profile.

Setting expectations and boundaries for online activity

- Discuss access and limits. This is trickier with older children as they become more independent.
- Install parental controls or monitoring software that doesn't block access but may record activity or send a warning message if your child accesses inappropriate content.
- Be honest about what you're doing upfront, and explain why you're monitoring them (for their safety).
- Make sure your child knows that not everything they find online is true and that people online are not always who they say they are.
- Continue talking openly about being online so your child knows what you consider acceptable.
- Limit the time your child spends on the internet, and determine the times it's OK to be online.
- Keep up with trendy internet behavior.