

Family Agreement for Online Safety & Responsibility for teens



Online safety is a partnership. This agreement will help make sure we are all being safe and responsible in online spaces and with our personal devices.

Note: Every family is different. Please use this agreement as an example and adjust it to make it your own.

PARENT / GUARDIAN COMMITMENT

- I promise to be open about my expectations and rules for online practices. I will support you with these guidelines and will share my reason(s) for why a rule exists.
- I will follow along, but I won't embarrass you online.
- I will listen without overreacting when you come to me with any questions or to tell me about something that's happened.
- If I see something online that concerns me, I promise to calmly have a conversation with you so we can come up with a solution together.
- I promise to also follow The Pause Rule. I will also pause and ask for your permission before posting anything about you.
- I will lead by example and behave appropriately online. I will not use devices while driving or during family time. I will follow screen limits and will find balance with non-tech activities. I will be kind and respectful when I share about or speak to others online. I will report inappropriate or disturbing content.
- I will do everything in my power to help and protect you if you have problems with online bullying, harassment, pressure, leaked images, or if your safety is at risk in any way.

TEEN COMMITMENT

- I will share with you what I'm doing online.
- I will always be kind, polite, and respectful to others online.
- I will pause and think before I post, comment, chat, or share. I understand that what I share today can stay online forever. I understand that private or disappearing messages/posts/snaps can still be screenshotted, saved, and shared.
- I will protect my personal information. I will keep privacy and security settings on and location sharing off. I won't post or message anyone with details of where I live, go to school, or spend my free time.
- I will never share someone else's image, location, or activity without their consent.

****Commitments continue on the second page →→→***

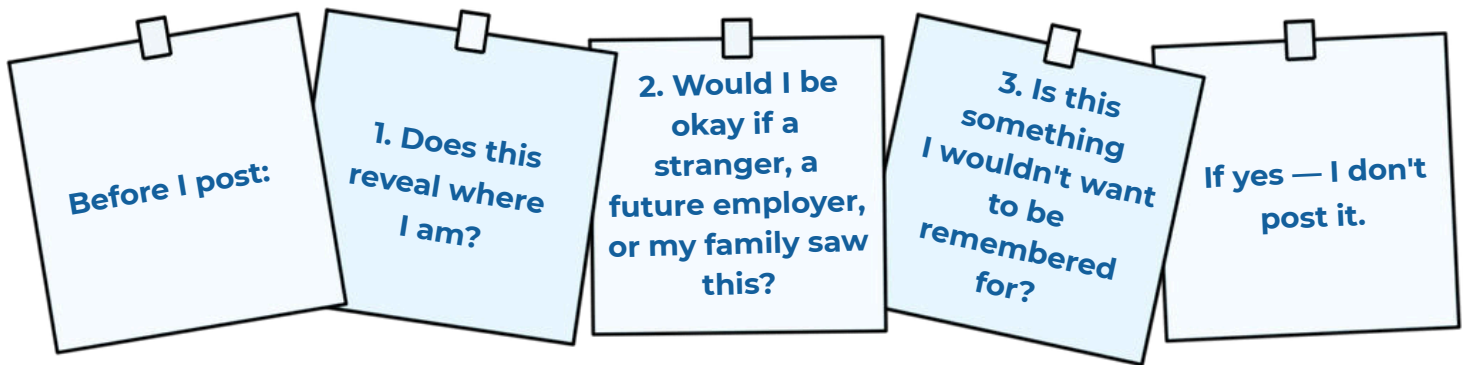
TEEN COMMITMENT

(Continued)



- If I know a minor whose intimate images have been shared online (real or deepfake), I will either talk to you and ask for help or visit TakeItDown.NCMEC.org.
- I will never meet someone I only know online in person. I will tell you if anyone asks me to meet with them.
- I will always respond to your messages/phone calls as soon as I can.
- I will respect our agreed limits and prioritize balance with offline life.

THE PAUSE RULE:



"If anything online ever feels wrong — if someone pressures me, or I share something I regret — I can come to you, and I won't be in trouble for asking for help."

What other rules are best for OUR family?

Other trusted grown-ups I can go to:

As a family, if we break one of these promises, here's what we've agreed will happen:

Teen's signature

Date

Grown-up's signature

Date