Digital Agreement of ________________ (Name)

It’s that time again – yep we need to have a chat about your digital world. At your age we know that you have a lot of this under control. You’ve had a few years of these types of contracts, but it’s still important for us as parents to make sure we are able to support you, and make sure you make good choices online.

Our Verbal Agreement

Let’s enter into an agreement when it comes to your devices, to make sure we are all on the same page. We can revisit this agreement if you feel strongly about something. This doesn’t necessarily mean things will change, but we are always open to discussing things that are important to you, and trying to find a middle ground if we think it’s appropriate.

Our commitment to you

As your parents, we understand that there will be situations which require us to discuss solutions or other options that may not always be covered in this contract. We know that access to the internet and devices is pretty essential to your life, and we support your participation in healthy ways that make you happy. So, with that in mind we would like to make this commitment to you:

We will stay calm
We promise not to overreact if something goes wrong. We know that things happen from time to time, and we promise to work with you to resolve problems with you (even if that just means talking about things).

We will hear you out
We will remain open to negotiations to access certain online platforms, and will hear you out on a case by case basis.

We will trust you
We will by default, trust what you tell us as the truth. We understand that you know how important honesty and communication is to us as a family, and that by being honest we have the right information to help you.

We will stick by you
We will always be here to support you, and help you manage any problems or issues that come up so you can get the most out of your digital world.

Where, When, and How Long?

I understand that my phone is a privilege and not a right, and that I need to make sure I use it in ways that are healthy and positive for my well being. I understand that using my phone late at night can impact my sleep, and that having it in my room can be too much of a temptation for me when I need to rest or focus.

I commit to leaving it in charge in ________, overnight, and won’t use it until the morning (unless there is a legitimate emergency).

I understand the school has rules around device use that are there to help me focus. I commit to respecting and abiding by the rules they set, even if I don’t always agree with them.

Privacy Settings

I understand that privacy settings are important for my safety and to protect my online personal brand. I get that people I don’t know are looking at my stuff online, and it is important to make sure I keep personal information as secure as possible to prevent issues with privacy. I will not change these settings once they are set or turn on location services because I know this can put me at risk.

I also commit to never setting up accounts online that my parents don’t know about.

I understand this is the wrong thing to do.

Communicating Responsibly Online

I understand that I might have conflict with people online that will make me upset. I will take some time out before responding to people because I understand that in the heat of the moment I might say something that could hurt others, or get me into trouble.

I will think about my online reputation before I post anything. I understand that things that impact my reputation are not just limited to comments or conversations, but pictures, links, likes and shares as well (this includes content about people as well).

Checking In

I understand that my parents love and care for me, and are interested in what’s happening in my life. I agree to check in with them from time to time to tell them how things are going for me online, where I spend my time and why, and who I talk to.

I will let my parents know if I see, say or hear something that makes me uncomfortable, because I know asking for help and support is not only the right thing to do to resolve the issue, but it is important to allow my parents to help me and learning together is a good thing.

Care & Maintenance

I understand that I need to take care of my device. I will keep it clean, safe, charged and stored securely. I will also make sure that any screen savers on it are appropriate. If my school uses settings or tools to secure my device, I will not try to bypass them.