

Ages 4 - 8 \_\_\_\_\_

# Digital Contract of \_\_\_\_\_

(Name)

You are allowed to use this device to have fun online. We are happy to share our devices with you and trust you to make safe choices when using them. To help you do this, we need you to agree to some rules that are important to us and will help teach you to have fun safely.

## Our Agreement

While we all know technology is super fun, it's important to know the rules so you can stay safe (and get help if you need).

### 1. School Nights & Weeknights

I understand our family rules say I need to switch off my devices at \_\_\_\_\_ o'clock. I understand my devices need to stay off until the next morning, and they will not be turned back on until \_\_\_\_\_ o'clock.

### 2. Weekends

Our family rules say that screen time on weekends is up to my parents. I know I need to check with my parents if I want to use my device, so they can decide what I'm doing is ok. I agree to switch off my devices when they say it's time.

### 3. Holidays

Our family rules say that screen time on weekends is up to my parents. I know I need to check with my parents if I want to use my device, so they can decide what I'm doing is ok. I agree to switch off my devices when they say it's time.

Signed by: \_\_\_\_\_

(Name)

Date: \_\_\_\_\_

Signature: \_\_\_\_\_



## 4. Everyday Rules

I will make sure:



I ask my parents for permission if I want to use my device.



I will not talk to strangers online. I know that a stranger is anyone who my parents don't know or who I haven't met in person.



I will never tell anyone my location if they ask me online. I will tell a trusted adult if this happens.



I will make sure my accounts are always private. I will set up my accounts with my parents, and if I'm not sure they are safe I will ask a trusted adult for help.



I will be careful about what I post and share. I understand my actions can hurt people online if I am not careful.



I will never download any apps, games or software, or remove anything on my device without speaking to my parents first.



I will always be a good friend both online and in real life.



I will follow the cyber safety rules at school as well as those at home.



I will always answer my phone if my family calls or call or text back straight away if I miss them.



I will take good care of my devices.



I will share my account details and my up to date passwords with my parents so they can keep me safe.



I will never share my passwords with anyone other than my parents, even if someone tells me that I will win or receive something if I share my password.



I will let my parents know straight away if I see or hear anything online that makes me feel uncomfortable, upset, or uneasy.



I will never tell anyone or post in my profile any personal information, including my school, where I live, where I play on the weekend, my birthday or my first and last name.