

Ages 9 - 11 _____

Digital Contract of _____

(Name)

Congratulations! You are allowed to use this device to have fun online. Sweet!

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 limits screen time on weekends and holidays to _____ hours a day. I know this is to help me balance my screen time with other things that are important too. I know I need to check with my parents if I want to use my device, so they can tell me how long I can use it for and check what I'm doing is ok.

3. Holidays

When we go on holidays, I understand that this is a special time to enjoy with my family. Unless my parents say otherwise, I agree to leave my devices in our hotel or apartment and won't take them on activities, unless my parents say its ok.

Signed by: _____

(Name)

Date: _____

Signature: _____



4. Everyday Rules

I will make sure:



I ask for permission to download any app, game or other software.



I will never speak to people I don't know in real life without checking with my parents first.



I will make sure any app I have access to is safe by making sure the settings are private and making sure people can't find my location. I promise not to change these settings in any way without discussing it with my parents first.



I will not remove any apps installed by my parents that are there for my safety.



I will make sure that I think before I post anything. I understand that my posts can be shared with others (even if I didn't intend for them to be).



I will treat others with kindness when I'm online. I understand the words I use can make people feel happy, but they can also feel sad if I am not careful.



I will look out for my friends and be an upstander for others. I know cyberbullying is not ok and I have a responsibility to help.



I won't post or share anything that I wouldn't be prepared to show you first.



I will not use real money on any games or websites on the internet unless I have permission from my parents. I will never enter my parent's credit card details anywhere online.



I will make sure that my parents have my most up to date passwords, and can follow me online, just like they look after me in real life.



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



I will make sure that I take regular breaks when I use technology, and do my best to stop and think about how I feel after I use it.

Add your own:



