

Online Safety and Technology Use Agreement



An online safety agreement is a way for adults and youth to define internet and device use, screen time, expectations, and limits. When you've created such a contract together, both parties have a clear understanding of what the expectations are and what can happen when those expectations are not met.

This agreement or contract can be used as is or changed to suit your needs. Use it as a guideline for technology, social media, internet, and online gaming use, as well as online etiquette and good online practices for adults and youth.

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Youth and Adult Agreements

- We will have respectful conversations about our online activity, what we share, and why.
- We will use social media, the internet, and technology respectfully.
- We will treat others online and in real life respectfully.
- We will think before posting a comment, photo, or a video. If I am not sure it is OK, I will not post.
- We will respect agreed upon times for technology use and respect agreed upon limits.
- We will not access content or use apps, sites, and games that we have agreed are inappropriate.
- As a youth, I will inform a trusted adult if I see questionable content. As an adult, I will have a respectful conversation if I see my kid posting questionable content.
- As a youth, I will be careful about what I share about myself and others. As an adult, I will be careful about what I share about myself, youth in my care, and others.
- As a youth, I will get consent before posting pictures of others. As an adult, I will get consent before posting pictures of others, including youth in my care.
- We will keep our passwords safe, and use security and privacy settings.
- We will have fun online, explore safely, and be good digital citizens.

Signature

Date

Signature

Date

