

# FAMILY TECHNOLOGY USER AGREEMENT

## I WILL KEEP MYSELF SAFE

- I will not give out any personal information, such as my age, last name, address or phone number, or meet someone I've met online, without my parents' permission.
- I will not put myself at risk by posting or sending inappropriate photos of myself or others.
- I will block creepy messages from people I don't know and inform my parents.
- I will tell my parents or an adult I trust if anything happens online that makes me feel uncomfortable, upset or sad.
- I will not share my password with anyone other than my parents, even my best friend.
- I will set privacy controls and always discuss with my parents when I want to create a social networking profile.

## I WILL THINK FIRST

- I agree that not all apps, TV shows, movies, games, music and websites are right for me. I will talk to my parents if I am not sure what's appropriate.
- I will discuss ratings with my parents and agree to follow my family's agreed ratings.

The agreed ratings are:

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- I know that not everything I read or see is true, and I will think about whether a source is credible.
- I agree not to download anything or fill out surveys without my parents' permission.
- I know that the pictures and videos I post online, and everything that I write about myself and my friends, will likely be online forever. Therefore I will not put anything on my profile that I wouldn't want my parents, teachers, or future employees to see.

## I WILL BE A GOOD DIGITAL CITIZEN

- I agree not to bully anyone online by sending pictures or sharing videos without the permission of the person(s) in the photo/video, or by spreading gossip, setting up fake profiles or saying cruel things about people.
- I agree not to use technology to cheat on schoolwork and always cite the sources of information.
- I agree to flag and report content that is inappropriate and be an upstander against bullies by reporting incidents to trusted adults

## I WILL KEEP A HEALTHY BALANCE

- Even though I love media, there are other things in my life that I'm interested in. So I will help my parents set time limits that make sense and then I will follow them.
- I will help my parents understand why media is so important to me by sharing my online experiences, but I also recognise that my safety is more important to them than anything else.
- The agreed charging time for all devices on a school night is 8pm.
- Our house will have a technology-free time for an hour each night for dinner.

The agreed time limits are:

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## IN EXCHANGE, MY PARENTS AGREE TO

- Recognise that media is a big part of my life, even if they don't always understand why.
- Before saying "no", talk with me about what worries them and why.
- Embrace my world: understand downloads, IM, online games and the sites that I like.

## // SIGN SETUP

ME

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MY PARENTS

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// Kindly supplied by Paul Mears, director of Digital Learning, Firbank Grammar School.  
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