



Family Digital Code-of-Conduct Contract

(Source: Microsoft) amend as appropriate

I will:

- Talk with my parents to learn the rules for using the Internet, including where I can go, what I can do, when I can go online, and how long I can be online (___ minutes or ___ hours).
- Never give out personal information such as my home address, telephone number, my parents' work address or telephone number, credit card numbers, or the name and location of my school without my parents' permission.
- Always tell my parents immediately if I see or receive anything on the Internet that makes me feel uncomfortable or threatened, including e-mail messages, Web sites, or even anything in the regular mail from Internet friends.
- Never agree to meet anyone in person that I have met online, without my parent's permission.
- Never send pictures of myself or other family members to other people through the Internet or regular mail without first checking with my parents.
- Never give out my Internet passwords to anyone (even my best friends) other than my parents.
- Not do anything online that could hurt or anger other people or that is against the law.
- Never download, install, or copy anything from disks or the Internet without proper permission.
- Never do anything on the Internet that costs money without first asking permission from my parents.
- Let my parents know my Internet logon and chat names, listed below:

Name (child) _____ Date _____

Parent or guardian _____ Date _____

Example of a Family Technology Contract

We thefamily believes in the values of kindness, compassion and behaving to other people as we would like them to behave to us.

These values apply in our day-to-day life and also in our use of technology – phone, ipad, email, websites, etc...

We realise that having a digital appliance is a privilege and not a right and that we need to use it responsibly.

This means we will not

- **say something online that I wouldn't say face to face**
- **spread nasty gossip**
- **humiliate or ridicule anyone**
- **share information which has been given to me in confidence**
- **give out anyone's password**
- **use technology to seek revenge**
- **forward inappropriate images**

We realise that staying connected to our friends is fun and affirming but that at night our bedroom needs to be a safe haven where our sleep is not disturbed. For this reason all digital appliances will be out of our bedrooms by [x pm].

If anyone in the family is not following this contract the following will occur:

[Digital privileges not earned for a day]

If they occur again:

[Digital privileges not earned for 2 days]

etc.....

Signed:children

Signed:parents

Date: