

Parent & Child Device Contract

This contract serves the purpose of keeping you safe and respectful online. A phone, tablet, iPad, etc. exposes you to the entire world as well as give the world access to you, and we expect you to use it in a responsible, mature way. This device is to encourage others, stay connected to meaningful relationships and learn new things. I will set up safe parameters on the device, and the apps we feel are beneficial and openly check in with you to see how you are using your device.

Our family's social media, texting, Apps, and online activity standards and boundaries:

- My device and Apps will have parental safties on them at all times.
- I will only use the Apps and websites that have been agreed upon. I will not use it to expose myself to harmful, negative and inappropriate content.
- I will be open with how I use my devices. I will not use secret accounts, Apps, passwords, etc..
- I will think about how posts, texts, comments and messages would make me feel if they were directed towards me. I will only show kindness on my device towards myself and others.
- I will communicate with my parents if I have seen graphic material on purpose or by accident. If I witness threats, cyberbullying and danger of any kind.

- I will respect myself online by not posting inappropriate pics or sending inappropriate pics/ content of myself or of me acting inappropriately. I will also communicate if I am being harassed, picked on or if I am feeling sad, insecure or depressed.
- I will not DM, message or text strangers that I meet online. I will not respond to strangers' comments or messages and I will not initiate online relationships.
- I will only join online communities that I have first discussed with my parents.
- I will not be on my device past my curfew of _____. I will put it _____. I will only have my device with me _____.
- I realize my activity will be check in on and if I am not showing respect to myself and others I will have the agreed upon consequences. I understand that this is for safety and education purposes.
- I will uphold these standards and guidelines when I am away from home. I will be the same person on and off my device wherever I am.

Consequences to not upholding this contract:

Parent(s) signature and date

child's signature and date

Questions? Contact Us hello@letstalkteens.com

