

Kids' Online Safety Contract

A Parent-Child Agreement for Safe Digital Adventures

Introduction

This contract is designed to help families create clear, agreed-upon rules for safe online behavior. It's not about restricting fun—it's about making sure everyone in the family feels safe and confident in the digital world. This contract should be filled out together by parents and children, with open discussion about each point.

Family Name: _____

Date: _____

Child's Name: ____

Parent/Guardian Names: _____

Section 1: Screen Time & Device Usage

We agree on the following rules for when and how long devices can be used:

Daily Screen Time Limits:

- **Weekdays:** _ hours per day
- **Weekends:** _ hours per day
- **Special occasions/holidays:** _ hours per day

Device-Free Times:

- ☐ During family meals
- ☐ One hour before bedtime
- ☐ During homework time (unless needed for schoolwork)
- ☐ During family activities
- ☐ Other: _____

Device-Free Zones:

- ☐ Bedrooms
- ☐ Dining room

- ☐ Car
- ☐ Other: _____

Charging Station:

All devices will be charged in: _____

Devices must be put away by: _ PM on weeknights, _____ PM on weekends

Section 2: What We Share Online

We agree to follow these rules about sharing personal information:

Never Share:

- ☐ Full name, address, or phone number
- ☐ School name or location
- ☐ Family financial information
- ☐ Passwords (except with parents/guardians)
- ☐ Photos that show our house number, street signs, or school
- ☐ Travel plans or when we're away from home

Always Ask Permission Before:

- ☐ Posting photos of family members
- ☐ Sharing photos that show our location
- ☐ Giving out any personal information
- ☐ Meeting someone from online in real life
- ☐ Downloading new apps or games
- ☐ Making online purchases

Social Media & Communication:

- Approved platforms: _____
 - Parent/guardian must be connected/friends on all social accounts: ☐ Yes ☐ No
 - Private messaging is allowed with: _____
 - Video chatting is allowed with: _____
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Section 3: Cyberbullying & Uncomfortable Situations

We promise to create a safe space for honest communication:

If Someone is Mean Online:

- ☐ Don't respond or fight back
- ☐ Take screenshots as evidence
- ☐ Block the person
- ☐ Tell a parent/guardian immediately
- ☐ Report to the platform if needed

If Something Makes Me Uncomfortable:

- ☐ I will tell a parent/guardian right away
- ☐ I won't keep "secrets" that adults ask me to keep
- ☐ I understand I won't get in trouble for reporting something scary or uncomfortable
- ☐ I know I can talk to my parents about anything online

If I See Someone Else Being Bullied:

- ☐ I will not participate or share mean content
 - ☐ I will tell a trusted adult
 - ☐ I will be kind and supportive to the person being bullied
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Section 4: Digital Citizenship & Being Kind Online

We agree to be good digital citizens:

Online Behavior:

- ☐ I will treat others online the same way I want to be treated
- ☐ I will not share embarrassing photos or information about others
- ☐ I will not pretend to be someone else online
- ☐ I will respect other people's privacy
- ☐ I will not share or look for inappropriate content

Content Creation:

- ☐ I will think before I post—"Would I be okay if my grandparents saw this?"
 - ☐ I understand that things posted online can be permanent
 - ☐ I will ask permission before posting photos or videos of other people
 - ☐ I will give credit when I use someone else's work or ideas
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Section 5: Passwords & Account Security

We agree to keep our accounts secure:

Password Rules:

- ☐ I will use strong, unique passwords
- ☐ I will not share passwords with friends
- ☐ I will tell my parents if I think someone has my password
- ☐ I will log out of accounts when I'm done, especially on shared devices

Account Safety:

- ☐ I will only accept friend requests from people I know in real life
 - ☐ I will check privacy settings regularly with my parents
 - ☐ I will not click on suspicious links or download unknown files
 - ☐ I will tell my parents if I receive strange messages or friend requests
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Section 6: Consequences & Rewards

We agree on the following consequences and rewards:

If Rules Are Broken:

First time: _____

Second time: _____

Serious violation: _____

For Following the Rules:

Weekly reward: _____

Monthly reward: _____

Special privileges: _____

Emergency Situations:

If there's ever a safety concern, all screen time rules can be temporarily suspended to ensure everyone's safety and well-being.

Section 7: Regular Check-ins

- We agree to: ☐ Review this contract every _ months
☐ Have weekly conversations about online experiences
☐ Update rules as the child gets older and more responsible
☐ Celebrate positive online behavior

Next review date: _____

Section 8: Signatures & Commitment

By signing below, we all agree to follow this contract and support each other in staying safe online.

Child's Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Emergency Contacts

If you ever feel unsafe online, you can always contact:

- **Parents/Guardians:** _____
 - **School Counselor:** _____
 - **Trusted Family Member:** _____
 - **National Suicide Prevention Lifeline:** 988
 - **Cyberline (for reporting online predators):** www.missingkids.org/gethelpnow/cybertipline
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Remember: This contract is about keeping everyone safe and happy online. It's okay to make mistakes—what's important is that we learn from them and always communicate openly with each other.