

SOCIAL JESS

Family Media Agreement

I, _____, will:

Looking after my tech..

- I will take care of my devices and understand the consequences agreed with my family if I lose, break, damage it/them.*
- I understand that unless I have paid for the device or it was a gift it belongs to my parents.*

Staying safe..

- I will behave online as I would in real life.*
- I will not give my personal details to anyone online (full name, school, phone number, address etc)*
- I will keep my passwords safe using LastPass or similar.*
- I will not use my name or age in any usernames online.*
- I will never meet anyone in real life that I have met online without speaking to my parents first.*
- I will use privacy tools so that I only chat to friends online.*
- If someone makes me feel uncomfortable I will tell a trusted adult and block and report them. Before using a device I will make sure I know how to block and report (on all the apps that I use).*

Think before I post..

- I will not post anything online that will cause harm or upset to anyone.*
- I will not share anything that will upset or humiliate anyone.*
- I understand that my digital footprint is with me forever, I will not do anything to harm my digital reputation.*

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I know not everything I read, see or hear online is true.

Screen balance..

I will help my family set screen time limits, and I will follow them.

I will balance screen time with active and social time.

I agree to keep devices out of my bedroom over night.

I agree that I will spend _____ on screen time on weekdays.

I agree that I will spend _____ on screen time on weekends.

Communication..

I will openly communicate with my family if anything makes me feel sad online or if I make a mistake online.

I will ask my parents before downloading a game/app so that they can check [Commonsensemedia.org](https://www.commonsensemedia.org) to check it's appropriate.

My family agrees to..

Understand that technology is a big part of my life, even if they find it hard to understand why.

Talk to me about what worries them and not simply say 'no'.

Take an interest in my online world.

SIGNED BY ME

SIGNED BY MY PARENT