












# HOME DIGITAL CONTRACT

## *Tips for Creating a Contract with your child.*

-  **Embrace their world.** None of us wants technology to isolate us from our kids. Ask your child to share the sites they visit, the songs they download, the gadgets they love. It's up to us to join the fun and help them seize the potential.
-  **Explain to your kids that the contract is meant to help them and keep them safe** and not to limit them or make their life difficult. Talk to them about the potential dangers of online life such as [cyberbullying](#), [sexting](#), and [online predators](#)
-  It could be a good idea to **sit down and define online house rules together**. If you decide to use the sample contract we have supplied and your kids suggest a change, try to understand why. They may be right!
-  Be Specific. Add details to the contract such as how much screen time on games, where the laptop can be used in the house.
-  **Be a role model.**
-  Make sure you **read through the different sections of the contract with your children** and that everyone understands each and every item. The process of talking about what is in the contract is more important than the final signing.
-  Be a media critic ... talk about the values behind the material you see and hear.
-  **Everyone should sign the contract** – parents and children – to confirm that they have read and understood the terms and that they agree to them.
-  Once everyone has signed the contract **place it in a visible place** next to each computer in the house.
-  As your kids grow, the **contract may need revising**. More responsibility shown by your son can be rewarded with ore privileges.
-  Have a **plan for consequences** that allows for a scale of actions. It is wise to pre-discuss with your partner so that you are all on the same page and have thought things through.



# HOME DIGITAL CONTRACT



## My Commitment

### I will be a good digital citizen.

- I will be a good online citizen and set high standards for myself. I will create heart not hurt.
- I will treat others with respect and not bully anyone by sending pictures, sharing videos, spreading gossip, setting up fake profiles or saying cruel things about people.
- I agree to tell my parents if I see something that is inappropriate.
- My screen name/alias will be:
- I will help my parents understand how to have fun and learn things online and teach them things about the Internet, computers and other technology.
- I will respect copyright and be honest in my use of technology.

### I will keep myself safe.

- I will create a "strong" password.
- I will keep my password safe and only share it with my parents.
- I will keep personal information safe, including my birthday, last name, address, school, picture or phone number, when online.
- I will get permission from my parents to upload or download photos or videos or fill out surveys and registrations for new sites.
- I will get permission from my parents to meet someone in person who I've met online.
- I will tell my parents or an adult I trust if anything happens online that makes me feel upset, sad or not safe.
- I accept that Mum and Dad may access and look at my files at any time and that I will explain files and history to them.
- I will never send a person my picture or anything else, without first checking with my parents.
- I will check with my parents before downloading or installing software or doing anything that could possibly damage our computer or jeopardise my family's privacy.

### I will think first.

- I will make smart decisions about what I watch, play and send, and will ask my parents if I'm not sure what's appropriate.
- If my family has rules about ratings, I will follow them (movies, TV, video games, web sites, music).
- I know that not everything I read, hear or see online is true.

### I will keep a healthy balance.

- I will help my parents set time limits for use that make sense, and then I will follow them.
- I will recognise that my safety is more important to them than anything else.
- I will continue to enjoy the other things — and people — in my life.

## Parent Commitment

### In exchange, my parents agree to:

- Recognise that media is an important part of my life, even if they don't always understand why.
- Before saying "no", talk with me about what worries them and why.
- Talk to me about my interests and help me find material that's appropriate and fun.
- Try to get to know my 'online friends' just as they get to know my other friends.
- Not unnecessarily invade my privacy.

Parent Signature

Date

Child Signature

Date