

What we have agreed about our online life

internet
matters.org

We have decided that *(add your names)*:



1. We agree that we want to use our phones and the internet safely
2. When we eat together phones and online activities will be off
3. I can play my games after school for minutes and at weekends for minutes
4. At night my phone will be charging in another room while I sleep
5. We agree to be kind to other people online and move away from anything that upsets us

Below are our agreements for social media and our devices

We've agreed on some rules about social media. We don't like:

- Messages that are rude, upsetting or make people sad
- Photos or videos that are not OK for children or teenagers because they make us less safe or let other people see things that are private to us.
- It is not OK to send these.

I/We promise to do these things:

- Get help from [redacted] [name of parent / carer] to add friends at first
- I'll only talk to close friends I know now or my family
- I won't share photos that are inappropriate (describe)
- We all understand that social media apps have age limits and rules
- We all understand how important it is to be private and [redacted] will set up a social media account for [redacted]
- We agree to be kind to other people on social media and help our friends



6. If I feel upset about anything I see, I can tell [redacted] I know how to block or restrict people if they are nasty or I can ask [redacted] [redacted] to help.



Devices

- Which devices are we allowed to use and when? [redacted]
- Who will check regularly to see that the privacy and security settings are OK? [redacted]
- What do we do if we are asked to click on something? [redacted] *(Like don't click 'accept' before checking with an adult)*
- When is it OK to download files, games or apps? [redacted]
- When is it OK to buy things in games? [redacted]



We will talk about our agreement of time] to see how it is working. [redacted] [enter agreed amount