



# Upstander Family Agreement for Online Safety

THIS AGREEMENT PROVIDES A SET OF GUIDING PRINCIPLES TO PROTECT THE RIGHTS, PRIVACY AND SAFETY OF BOTH CHILDREN AND PARENTS ONLINE.

## HOW TO USE AGREEMENT

Ready to have a conversation with your child about the internet, social media and cyber safety?

That's what this document was designed to do – make it easier to talk to your kids about using common sense on the internet and then mutually agree on what is appropriate and not appropriate online behavior.

Read and discuss the terms of this agreement with your child.

It's okay if you don't agree with all the points we've outlined. Concentrate on specific key points that you think might be relevant to your child based on their personality and interest. As you move through the agreement, ask if they understand what it means and define any terms they do not know.

Having access to the internet and social media sites is a privilege, not a right. Common sense and safety is important. The consequences for violating this agreement should be real.

We recommend the entire family sign this document.

Hang the agreement in a place where your family can easily see it and be reminded of the expectations on a daily basis (i.e. office, bulletin board, refrigerator, computer screen, bedroom door, or where ever is most effective).

## PARENTS AGREE TO:

- I will set reasonable rules and guidelines for computer use by my children and will discuss these rules and post them near the computer as a reminder. I'll remember to monitor their compliance with these rules, especially when it comes to the amount of time they spend on the computer.
- I will not overreact if my child tells me about a problem he or she is having on the internet. Instead, we'll work together to try to solve the problem and prevent it from happening again.
- I promise not to use a computer or the internet as an electronic babysitter.
- I will help make the Internet a family activity and ask my child to help plan family events using the Internet.
- I will try to get to know my child's "online friends" just as I try get to know his or her other friends.
- I will help my child understand that the golden rule (do unto others) applies online as well as in real life.

- If my child has questions or concerns about social media and the internet, I will be available for my child, without judgement or consequence.
- If my child feels threatened or scared by someone or something on the internet, I will be available for my child, without judgement or consequence.
- I cannot ignore the impact of the internet and social media on my child’s life. Therefore, I will get to know the services and social media websites my child uses. If I don’t know how to use them, I will take the time to familiarize myself with them.
- I will teach my child that social networking sites may not always be the best way to interact with people.
- I promise to stress common sense and safety and teach my child when and how to use digital communication methods.
- I will help everyone in our family understand that our social media usage affects others.
- I will know my child’s “online friends” just as I try get to know his or her other friends.
- I will spend time teaching my child to protect their social media accounts and data by having adequate virus, spyware and adware software.
- I will work with my child to understand the issues around any online purchases. I will tell them what purchasing activity is permissible and what is not.
- I will speak to my child often and openly about their online use and make it a part of our daily conversation.

Fill in your own declarations here: \_\_\_\_\_

\_\_\_\_\_

I have read and understand the above terms.

\_\_\_\_\_

Child’s signature

Date

I will help my child follow this agreement and will allow reasonable use of social media as long as these and other family rules are followed.

\_\_\_\_\_

Parent’s signature

Date

\_\_\_\_\_

Parent’s signature

Date