

Our Family's Internet Adventure Guide!

This is an agreement between _____ and _____ about using the internet and devices at home.

Our agreement:

Screen time fun!

1. On school days, after I finish my jobs (like homework and helping around the house), I can play on the tablet or watch TV for a little while. About one show or one game.
2. On weekends, I can have a little more screen time, but I will also play outside and have fun with my family. We'll decide how much together.
3. Mummy/Dad and I will use a timer (or an app) to know when screen time is done.

Keeping safe online!

1. If someone online says something that makes me feel yucky or weird, or if they offer to give me gifts or ask me questions like where I live, I will tell Mummy, Dad, or another grown-up I trust right away. I won't get in trouble for telling.
2. I will not tell anyone online my name, where I live, my phone number, or my school name without asking Mummy or Dad first.
3. If someone I meet online wants to meet me in person, I will say no and tell Mummy or Dad. I won't go anywhere to meet them unless Mommy or Daddy come with me.

Being kind online!

1. I will be nice to everyone online. That means I won't say mean things, tell stories that aren't true, or leave anyone out of the game.

2. I will be friendly and kind to other kids when we play games together. I will remember there is a real kid behind the screen.
3. I will use nice words and not say anything that might hurt someone's feelings when we are playing or talking online.

Consequences and rewards

If I forget my rules, I might not get to play on the tablet or watch TV for a little while. But if I do a super good job following the rules and being safe and kind online, I might get extra time to play my games or watch my shows, or maybe even a little surprise!

We all agree!

We will both sign our names like a special promise that we will follow these rules together!

Signatures

Child's name _____ Date _____

Parent(s) signature: _____ Date _____