



This document signifies an agreement between parent [] and child [] to try to do the right thing for managing screen-time and following a few rules.

The Family Agreement Document has been created to keep [] safe from the dangers lurking in the online world.

We both agree to try and keep to these guidelines, so you can enjoy your time on-screen safely, as well as having plenty of real-life experiences off-screen.

Please REMEMBER! When you are on the internet:

- Never share information with people you haven't met and trusted in real life. If someone asks a question and you are unsure, ask us first.
 - People don't need to know where we live, it's private information.
 - If anyone asks for a bank card or money, just say 'no'.
 - Never take any pictures of your naked body and private parts.
 - It's really important not to share photos with anyone you haven't met.
 - If a stranger asks you to turn on your camera, the answer is always 'no'.
 - If someone is asking questions that make you uncomfortable, you don't have to reply.
- If anything feels scary or weird, tell us and we'll take a look.
- Friends may want to show you things they have seen on the internet, and when you are at sleepovers, this agreement still applies. If you are unsure, give us a ring.



DEVICES - This means your:

(List your devices below)

This shape will appear next to every sentence for you to agree to by adding a tick or check :)



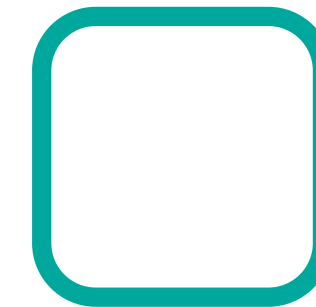
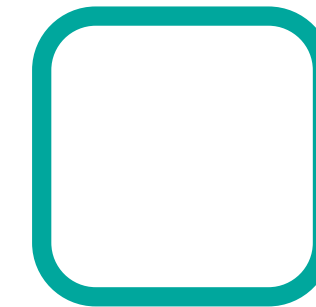
Tablet

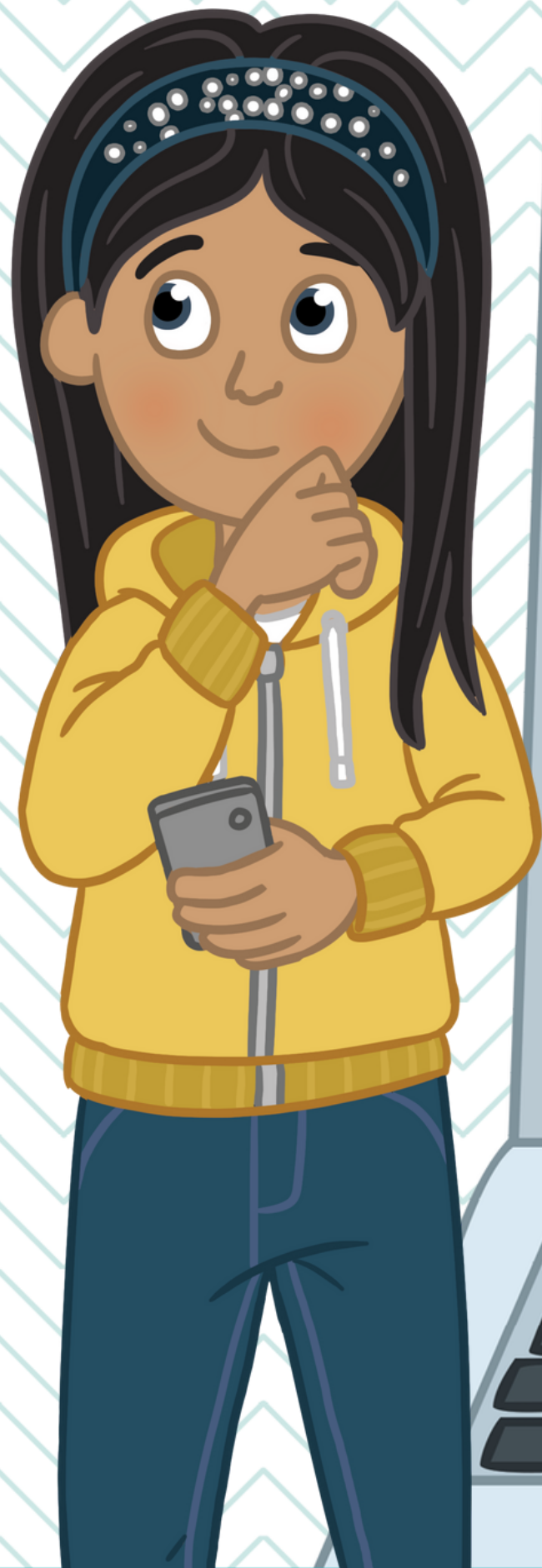
- The tablet is great for homework and probably even better for playing games but let's keep it out of your bedroom - unless we're with you.
- We know you need time to play games and so we just ask that if you've been doing homework on-screen, you do an off-screen activity before going back onto the tablet. We don't want you to get square eyes after all!



Phone

- We know that a phone is tempting but we'd like to keep it out of your bedroom for this very reason. At bedtime, try to remember to leave your phone in the _____.
- Look after your phone when you are out and about. It is locked with a PIN in case you do lose it but don't share that with anyone.





Laptop/Computer

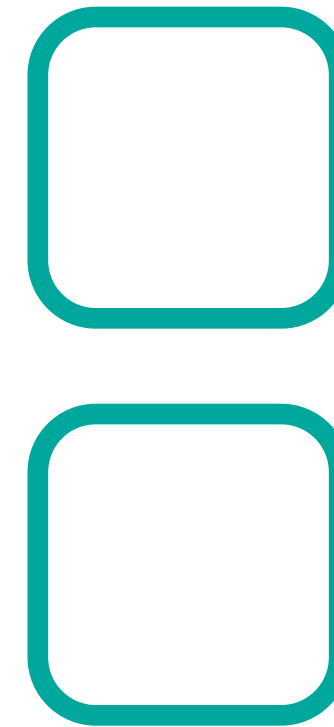
- When you need a bigger screen, the computer can be used for school-work or with one of us.
- The computer is way too heavy to carry to your bedroom anyway, but we'd like to have regular access to it, so please don't take it elsewhere without our say so.



PEOPLE YOU FOLLOW (Ref: The Ratings Game)

There are some fun and interesting people online and we want you to enjoy watching them but let's take a look at the latest YouTubers/TikTok people together. We will add them to cards and rate them so we know what they have to offer.

- We play the ratings game and agree on our approved people.
- Let us know of any new ones you are interested in and we'll add them to our rated collection



TIME SPENT ON-SCREENS

We want you to feel your very best and too much screen-time is just not good for anyone. You are great company and we want to spend time with you too. We will try to be flexible with screen-time for school work, so you get playtime online as well.

- Let's agree to a : pm curfew with no screens after this time and devices to be handed back. ☐
- We will agree on the time needed for each piece of homework. ☐
- When you have finished any on-screen homework we'd like you to enjoy an offline activity for at least an hour before going back to a screen. ☐
- We will be more flexible on weekends, but the other rules still count. ☐

LET'S KEEP TALKING

Things keep changing, so we need to talk about things as they come up. If you ever feel scared or unsure, please tell us. If we feel you have been really good with the rules, we may allow some changes to give you more freedom. This is our decision only.

- Agree to rate new YouTubers/TikTok people to watch as they come up. ☐
- Agree to talk together about the good and bad things that happen online. Talking to us means we can help to keep you safe. ☐

SIGNED Parent of [INSERT NAME]

SIGNED Child [INSERT NAME]

