

# Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Start by discussing the questions that are most relevant to your family.

## Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

## Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

## Sharing

- What should we check before posting images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

## Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

## Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we look after our friends when we are online?

## If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

## To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?

[www.childnet.com/parents-carers-advice](http://www.childnet.com/parents-carers-advice)

Examples for different ages:

Our agreement: (Under 11s)

I will use my tablet for \_\_\_ mins a day.

I will make sure the children's favourite games are bookmarked for them to get to easily.

Our agreement: (Pre-teens)

I will tell mum and dad when I see something that worries me.

I will put parental controls in place but review it as the children grow up.

Our agreement: (Teenagers)

I will make sure all my social networking sites are private.

I won't post photos of our children without their permission.

# Childnet Family Agreement

Now it is time to write your agreement.

Our agreement:

Who is responsible for this?

What happens if someone doesn't follow the agreement?

Date:

Review date:

Signatures:



For further advice and resources, visit [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers)  
 [childnetinternational](https://www.facebook.com/childnetinternational)  [childnet](https://twitter.com/childnet)  [childnet international](https://www.youtube.com/channel/UC1W1W1W1W1W1W1W1W1W1W1W)



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