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Internet Safety Contract

These rules are for my safety. I will honor them when I am online.

1. I, _____, understand that these are the rules for being online. I agree in writing to the following things about our shared understanding about using cell phones, tablets, game systems, computers and the Internet (all referred to as the Internet or online). This agreement will be reviewed annually.
2. I will get approval (from a parent, guardian, or teacher) to use the Internet at all times. If asked, I will tell you where and when I used the Internet, and where I went online. You have all passwords to my phone and other devices and all accounts on these devices. These devices may be inspected at any time.
3. I agree only be on the Internet between the hours of _____ and _____, and for no more than _____ hours on any given day, with the exception of time spent doing homework.
4. I will only use programs, apps, social networking, and websites that are approved by you.
5. I will not talk to anyone online who I do not know in person--someone who is not a fellow student, friend, or neighborhood friend known to my parents. I will never agree to meet with someone I have met online and will immediately tell an adult if someone online asks to meet me.
6. I will not give out information about myself or anyone else I know to any person I don't have permission to talk to. I will speak out right away if I, a family member, or a friend receives something online that makes me, or anyone else, feel bad or uncomfortable.
7. I will never send or post a photograph of myself or anyone else that I would not show to you first. I understand that I will be humiliated and sad in the future if I do this. I will never give anyone any images or information that they could use to embarrass me in the future.
8. I will not respond to any messages that are mean or make me feel uncomfortable. I will treat others online like I want to be treated. I will not do anything that hurts other people or that is against the law.
9. I understand that pressure from others to be quiet may be harmful to me. I understand that you have my best interests in mind and will always be there to protect me.
10. I will follow these rules when at home, in school, at the library, or at a friend's house.
11. I recognize that using the Internet is a privilege, not a right—one that can be lost if I violate any of these rules.

Young Adult _____ Date _____

Parent/Guardian _____ Date _____