



# Family Digital Safety Agreement

## Our Goal

Screens are fun and useful, but our physical health, family connection, and safety come first. This agreement is a “living document” that we build together. We agree to try these rules and review them together on [Review Date].

## 1. Prerequisites (The “First Things First” Rule)

- Screen time is a privilege that comes after our real-world responsibilities are met.
- Before turning on a screen for entertainment, I will complete my: [Choose: Homework / Daily Chores / Outside Play / Family Commitments].

## 2. Our Screen-Free Zones & Times

To protect our sleep and our time together, we agree that devices will not be used in the following situations, establishing healthy “No Screen Zones”:

- Bedtime: Devices will be plugged in at the [Location, e.g., Kitchen Station] by [Time, e.g., 8:00 PM]. They do not go into bedrooms at night to support healthy sleep.
- Family Time: Devices will be put away during family meals and when we have guests in the house.
- School-Time Expectations: We will follow our school’s rules about devices during the school day. If a device is allowed for schoolwork or communication, we agree it is not for games, social media, or messaging during lessons or learning time.

## 3. Time Limits & Body Awareness

Healthy brains need a mix of online and offline activities. We agree to listen to our bodies and balance our screen time:

- Daily Allowance: Outside of schoolwork, kids will use devices for no more than [Number] hours per day. We will agree together on how this time is split.
- Body Awareness: I will pay attention to how my body feels. Some signs that I have been on a screen for too long might be: [List signs, e.g., feeling grumpy, tired eyes, headache].
- Alternative Activities: If I am having a hard time stepping away, I will take a break and do something I enjoy off-screen like: [List 2–3 offline hobbies].



## **4. Safety, Privacy, and Kindness**

The internet is a big place. We agree to navigate it safely and treat others well.

### **4a. Safety, privacy, and device integrity**

- Privacy First: I will never share personal information (my full name, school, address, passwords) with people I don't know in real life.
- Be Kind: I will always be kind and respectful online. I will not bully, humiliate, or share things that could embarrass others.
- Device Integrity: I will ask a parent before downloading any new app. I will not attempt to uninstall parental control apps or bypass these family rules.
- Location Sharing: We will decide together if and when location sharing is turned on, and with which trusted people. I will not turn on, change, or share my live location without talking to a parent first

### **4b. Messaging, group chats, photos, and short videos**

When I send messages, use group chats, or come across short videos, we agree that:

- In our family, I am not allowed to use apps that are mainly for short videos (for example TikTok, Instagram Reels, or the regular adult YouTube app).
- If we decide to allow some short videos in the future, they will only come from apps or sections designed for children (for example, YouTube Kids or kids' sections inside streaming apps), and we will choose them together.
- I will only chat with and join group chats that we have talked about and agreed are okay for my age.
- I will not share or post photos or videos of myself, my friends, or my family without checking with a parent first.
- I will not post, forward, or save videos or messages that are rude, embarrassing, violent, scary, or inappropriate for kids, or that make fun of someone, even "as a joke."
- I understand that group chats and videos are not truly private; screenshots and forwards mean what I share can be saved and passed on.
- If something in a group chat, message, photo, or video makes me feel worried, uncomfortable, or confused, I will tell a parent or trusted adult and we will look at it together.



#### 4c. Online games

When I play online games (including games with chat or friends lists), we agree that:

- We will agree together which games are okay for me to play and which features (chat, friends, in-game purchases) I can use.
- I will not share personal information (my full name, school, address, phone number, or passwords) with people I only know from games.
- If someone in a game is unkind, bullying, asking for private information, or sending inappropriate content, I will stop, mute or block them if I can, and tell a parent or trusted adult.
- If I feel myself getting too upset, angry, or “stuck” on a game, I will take a break and talk with my parent about how to make gaming feel healthier and more fun again.

#### 5. Trust and Open Communication (The Parent Promise)

Nobody is perfect. When mistakes happen or we see something bad, we focus on solutions, not punishments.

- Safety Reporting: If I see something online that makes me feel scared, uncomfortable, or confused, or if someone makes me feel pressured, I will tell a parent or trusted adult immediately.
- The Parent Promise (Trust): We promise to listen without judgment or blame. We will not get mad or permanently ban the device if you come to us for help. We will work together on a safe solution.
- Adjusting the Training Wheels: If a family rule is broken, we will talk about why. Instead of arbitrary grounding, we will adjust the rules (e.g., if a device sneaks into the bedroom, its charging station moves to the living room).

#### Signatures

We agree to work together to keep our digital life safe, positive, and enjoyable.

Child Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Sources & inspiration

This agreement is adapted from and inspired by leading digital citizenship and family media resources, including:

- Family Media Agreement and Device Agreement: Common Sense Media (2018)
- Family Media Plan / Agreement: SmartSocial.com, via Healthy Digital Childhood Alliance “Family Media Dialogue Guide and Agreement Templates” (2025)
- Family Online Safety Agreement: U.S. Department of Homeland Security, KNOW2PROTECT
- How to keep your child safe online: UNICEF Parenting
- Family tech agreement templates and guidance: eSafety Commissioner (Australia), NSPCC, Bark, and other reputable online safety organizations