

# FAMILY ONLINE SAFETY CONTRACT



❖ Look overleaf for our Family Online Safety Contract.

Take a few minutes to sit down with your child and discuss what you expect from them online.

Use this time to come to an agreement on how you'd like them to use the internet and what you will do as a family if something goes wrong.

Also explain that there is a section for parents to sign and consider as well. This is a two way agreement. Parents, will you agree to not embarrass your children with photographs and comments on social media?

Here's some examples to include.

## For kids

- I will never meet someone in person that I have only spoken to online, and I will tell my parents if someone asks to meet me.
- I will not respond to emails, instant messages or friend requests from people I don't know.
- I will put my devices to bed at night to help me get a restful sleep.

## For parents

- If you see or hear anything online that makes you feel unsafe or worried for yourself or someone else, please know that you can come to me at any time with this concern, and we will work together to find a solution. **NOTHING IS EVER SO BAD YOU CAN'T TELL A TRUSTED ADULT.**

Need help filling it out? For a version with included suggestions, visit [thinkuknow.org.au](http://thinkuknow.org.au)



# FAMILY ONLINE SAFETY CONTRACT

This contract helps us stay safe when it comes to what we SEE, SAY and DO online.

## CHILD

I \_\_\_\_\_, will:

## PARENT/CARER

I \_\_\_\_\_, will:

Signed: \_\_\_\_\_  
(Child)

Signed: \_\_\_\_\_  
(Parent/carer)