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## Social Media & Mobile Phone Contract

Prior to discussing this agreement and signing with your child, access the free background information from the Culture Reframed Parents Program website: https://parents.culturereframed.org/contract

1. I understand that this device belongs to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I commit to using it responsibly. The ongoing costs of this device are \_\_\_\_\_\_\_\_\_\_\_ per month. \_\_\_\_\_\_\_\_\_\_ data is / is not able to be accessed on this device. I commit to contributing \_\_\_\_\_\_\_\_\_\_\_\_\_ (dollar amount or chores) to help cover expenses.
2. I am/am not allowed to use the following social media sites. I understand that this approved list will be reviewed as I get older in accordance with consistently responsible use.

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1. I promise that I am the only person who will know my passwords. I am responsible for keeping my accounts secure from others, including my friends.
2. I agree to have regular, honest check-ins on my device usage and social media accounts every \_\_\_\_\_\_\_\_ weeks/months. I will be willing to show my parents my online activity, friends list, apps used, photos posted, etc. and understand that there will be no warnings for when these check-ins will occur.
3. I understand that as part of using this device, the app(s) installed to assist with monitoring, time restrictions, and harmful content are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. I understand that anything communicated digitally becomes part of the World Wide Web and, as such, should be posted with the intention of being truthful, helpful, legal, and kind. Before I post, I will ask myself if it’s necessary.
5. Privacy:
   1. To me, privacy means:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* 1. Examples of information that should be kept private and from whom include:

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* 1. The guidelines I use to decide what to post, text, retweet, like, comment, say, or share include:

(Understanding that you give up control to both the companies and the people with whom you share).

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. I understand the difference between strangers, acquaintances, and friends, and will follow the #1 RULE: *I don’t interact with someone unless a trusted adult knows about it and has granted permission*. I know that a friend is someone whom I have spent a long time getting to know; I have built trust with over a period of time; and my parents know, or know about them. If I’m ever asked, “Who is watching?”, I know that it is best for my safety to say that my parents monitor my device.
2. I will not send or receive naked photos. I understand that there could be serious legal consequences, as well as the possibility of being reprimanded at school, impacts to my reputation, future career opportunities, and receiving unwanted attention from unwanted people in the future. If I need help, I promise to ask. I (Parent/Caregiver), promise to respond calmly if something goes wrong, and will work together to find a solution.
3. I will never share anyone’s image (no matter how benign) without first checking. I (Parent/Caregiver), will always ask for permission to share my young person’s image online, and will model consensual sharing.
4. I commit to managing my online viewing with integrity. I will not lie about my internet history and will talk honestly with my parent(s) about it. I will not delete history or use incognito mode. I agree to discuss what type of content is appropriate and helpful for me to develop into an empathetic and whole-hearted person. If I need help, I promise to ask. I agree to stay away from certain content that does not meet my family's (or my own) values. This includes:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*For example: graphic violence; pornographic content; gambling; grooming/radicalization sites; self-harm or destructive sites; dating or other adult sites; pirated movies, etc.*

I (Parent/Caregiver), promise to respond calmly if something goes wrong, and will work together to find a solution.

1. I understand that my behavior on my phone can impact my future reputation—even in ways that I am not able to predict (relationships, career, education). This includes not making sexist comments, sexual jokes, or racist or homophobic remarks. I will also seriously consider any religious or political statements before making them.
2. I promise I will tell my parents when I receive suspicious or alarming phone calls or messages from people I don’t know. I will also tell my parents if I am being harassed, threatened, or frightened by someone via my Mobile phone. I (Parent/Caregiver), promise I will not overreact if they tell me this, but will calmly walk through basics of: STOP, BLOCK & REPORT.
3. I will NEVER use my phone or social media to bully, tease, or intimidate anyone, even if my friends think it’s funny or okay. I (Parent/Caregiver), will not support mean-spirited behavior (bullying) online or in person (over dinner table/ gossip, etc.).
4. I will ask before I download apps, and show my parent/caregiver the apps I use (including how to use them). This includes showing them how to switch social media accounts on the same platform. I will also agree not to block my parents from seeing posts.
5. I (Parent/Caregiver), will (1) download these main apps, (2) learn the basics, and (3) add my young person on the condition I will not comment on their comments or photos if my young person does not want me to.
6. I recognize that the use of cellphones/online communications/social media at night can interfere with my health and wellbeing and distract me from what’s important. Therefore, our rules for night/early morning use of my phone are:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*For example: “I will hand the phone to one of my parents promptly at \_\_\_\_\_ pm every school night and every weekend night at \_\_\_\_\_ pm. I will get it back at \_\_\_\_\_ am.”* *This could also include nighttime phone location, duration of offline hours, morning routines to be completed before phone use, phone location/setting during study hours, etc.*

1. Technology-free areas/moments include:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*These could be the dinner table, bedroom (always or only at bedtime) short car trips, while driving, during recitals, or while watching sporting events. This rule should pertain to everyone in the home.*

1. Technology manners I will follow include:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*These could include not texting while talking to someone face-to-face; saying “excuse me” and walking away when needing to take a call or text someone; while hanging out with friends, paying attention rather than getting distracted, etc.*

1. I will not have fake accounts such as Finsta for Instagram, or other alias accounts. I understand that it’s important to respect myself by being consistent in how I represent myself, both offline and online. My phone is an extension of myself, my values, and my character. I commit to ensuring that my online activity reflects my offline life.

Other family rules for technology include:

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1. I understand that from time to time I may have or develop bad habits with technology. I give my family permission to discuss those bad habits, and I commit to resolving them.

I understand that repercussions of not following this contract or of breaking a rule have been agreed upon and are: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Young Person. Sign here Parent/Caregiver. Sign here Date Review Date