Family Media Agreement: K-5

I will ...

stay safe.

☐ I will not give out any private information, such as my full name, date of birth, address, or phone number, without my family’s permission.

☐ I will keep my passwords private and only share them with my family.

☐ I will tell a trusted adult if anyone online makes me feel uncomfortable, sad, or unsafe. I will recognize that my safety is more important to my family than anything else.

think first.

☐ I will communicate kindly when I use the Internet or my cell phone. I will not tease, embarrass, or bully others.

☐ I know that the Internet is public, and I will respect myself and others when I’m using it.

☐ I will not pretend that I created something that’s not actually my own work.

stay balanced.

☐ I know that not everything I read, hear, or see online is true.

☐ I will respect my family’s decisions for what I’m allowed to watch, play with, or listen to, and when.

☐ I will continue to enjoy the other activities – and people – in my life.

In exchange, my family agrees to...

☐ recognize that media is a big part of my life, even if they don’t always understand why.

☐ talk with me about what worries them and why, before saying “no.”

☐ talk to me about my interests and help me find stuff that’s appropriate and fun.

signed by me

signed by my parent or caregiver
Family Media Agreement: 6-8

I will …

stay safe.

☐ I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my family’s permission.

☐ I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.

☐ If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I’ll stop talking to that person and will tell a friend or family member I trust about it.

think first.

☐ I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.

☐ I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation.

☐ Whenever I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.

stay balanced.

☐ I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.

☐ I will help my family set media time limits that make sense, and then I will follow them.

☐ I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

In exchange, my family agrees to…

☐ recognize that media is a big part of my life, even if they don’t always understand why.

☐ talk with me about what worries them and why, before saying “no.”

☐ talk to me about my interests and embrace my world, including helping me find media that’s appropriate and fun.

signed by me

signed by my parent or caregiver
Family Media Agreement: 9-12

I will ...

stay safe.

☐ I know that there are scams online that I can avoid. Therefore, unless I am filling out a trusted form with my family’s permission, I will not give out my private or financial information.

☐ I will read the privacy policies of any social network sites or apps that I want to use, and I will pay attention to the types of information these companies can collect about me.

☐ I know that I have a choice in the kinds of relationships I have online. I will stop talking to anyone who makes me feel pressured or uncomfortable, or acts inappropriately toward me.

think first.

☐ I will model kind behavior online. I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.

☐ I know that the photos and videos I post, and everything that I write about myself and others online, can be saved and shared without my knowing. Therefore, I will not post anything online that I wouldn’t want my family, teachers, college admissions officers, or future employers to see.

☐ When I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist. I also know that I have a right to receive credit for any original work that I share online.

stay balanced.

☐ I know that not everything I read, hear, or see online is true. I will consider whether a source is credible. As an author, I will also contribute information thoughtfully and honestly.

☐ I will be open with my family about how I spend my time with media and show them that I use it responsibly.

☐ I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

In exchange, my family agrees to ...

- recognize that media is a big part of my life, even if they don’t always understand why.
- talk with me about what worries them and why, before saying “no.”
- talk to me about my interests and embrace my world, including helping me find media that’s appropriate and fun.
- let me make some mistakes and help me learn from them.
- respect my privacy and talk to me if they have concerns.

signed by me

signed by my parent or caregiver