

Parent/Child

DIGITAL MEDIA AGREEMENT

• **Easy-to-use** • **Positive** • **Proactive**



Family Digital Media Agreement

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Dear Parents,

Thank you for your commitment to learning more about social media and parenting in the digital age.

It is important that we teach our kids to be technologically responsible. That means as parents, we must understand the social media platforms our children are using. I often hear about specific social media platforms being blamed for the downfall of kids. It's true that some platforms make sharing images or inappropriate content easy. But it's important to remember that posting questionable words or images is a character issue. As parents, we need to get to the heart of our children. That's the issue, not the applications they are using.

Family communication is the best antidote. We need to talk to our kids. We need to start conversations early and continue them well into the teen years. The goal is to raise kids who are digitally smart and socially responsible.

I hope the enclosed Digital Media agreement will give your family a framework for getting started. Feel free to use all of it or just the guidelines you feel are a fit for your family. I highly encourage you to discuss content that each member of the family prefers not be shared over social media. It is important that as parents, we understand what our kids view as embarrassing just as we would want our kids to respect our standards and limits as well. The home truly should be a safe place for all.

For more information and discussion about kids and social media, go to:
www.leahnieman.com



Socially Yours
Leah

Family Digital Agreement

PARENTS

1. I will speak to my child often and openly about their online use and make it a part of our daily conversation.
2. If my child has questions or concerns about social media and the Internet, I will be available for my child, without judgment or consequence.
3. I will be available for my child should they ever feel threatened or scared by someone or something on the Internet. And they will know I will be a calm voice of reason and not one of criticism or judgment.
4. I will help my child understand the golden rule of "do unto others" applies not just to those they meet in real life but those they meet online.
5. I will get to know the services and social media websites my child uses. If I don't know how to use them, I will take the time to familiarize myself with them.
6. I will teach my child that social networking sites may not always be the best way to interact with people.
7. I promise to stress common sense and safety, and teach my child when and how to use digital communication methods.
8. I will help everyone in our family understand that our social media usage affects others so we develop a healthy balance.
9. I will know my child's online friends just as I try to get to know his or her other friends.
10. I will spend time teaching my child to protect their social media accounts and data by having adequate virus, spyware and adware software.
11. I will work with my child to understand the issues around any online purchases. I will tell them what purchasing activity is permissible and what is not.

Rules You Want to Add

1. _____

2. _____

Because I Love You:

Signed On: _____

CHILDREN

1. I will get permission from my parents before setting up any online accounts, including email accounts, social media accounts, and instant messaging accounts. I will not change the login or password without the permission of my parents. And, they will have access to both the login and password until I am _____.
2. I understand that social media use is a privilege and that I must be responsible when I am online.
3. I will tell my parents or other responsible adult immediately if I come across any information that makes me feel uncomfortable.
4. I will not respond to any messages that are mean spirited. It is not my fault if I get a message that is inappropriate but if I do, I will tell my parents or responsible adult right away.
5. I will treat others the way that I wish to be treated when using social media.
6. I will keep in mind that my technology use affects others.
7. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or jeopardize our family's privacy. I will also keep programs such as anti-virus, spyware and adware up-to-date to protect our information.
8. I understand that at-home computer use will be limited to _____ hours per day.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.
10. I will not send, receive and/or download email, text, or images containing sexually explicit, pornographic, or offensive material.
11. I will not search for illegal, crude, rude, crass and inappropriate things.
12. I will not publish defamatory and/or knowingly false material about my friends or family on social networking sites, blogs, "wikis" or any online publishing format.
13. I will not reveal any confidential information when posting online.
14. I pledge to always adhere to our family's rules.

Rules You Want to Add

1. _____

2. _____

Because I love my family and want to develop good digital media habits:

Signed On: _____

Our Home is a Safe Place

It's important our family home is a safe place. This means some things should stay within the confines of our home. This includes photos as well as things we say online. Many times something we find funny as a family isn't something we want posted openly. Take a moment to discuss and share those. Then, make this promise as a family.

As a member of this family, I will do my part not to embarrass, attack, or harm my fellow family members by things I post online.

Teens share examples of things which you'd rather not be posted openly online:

Parents share examples of things which you'd rather not be posted openly online:

Because I want our home to be a safe place for everyone in my family:

Signed On: _____

Account Usernames and Passwords for _____

Email at _____

Username: _____

Password: _____

Facebook

Username: _____

Password: _____

Google+

Username: _____

Password: _____

Instagram

Username: _____

Password: _____

Pinterest

Username: _____

Password: _____

SnapChat

Username: _____

Password: _____

Account Usernames and Passwords for _____

Twitter

Username: _____

Password: _____

Tumblr

Username: _____

Password: _____

Vine

Username: _____

Password: _____

YouTube

Username: _____

Password: _____

Other _____

Username: _____

Password: _____

Other _____

Username: _____

Password: _____

Other Social Media Sites Popular with Teens

I'm not suggesting or recommending these. I'm simply sharing these as they are popular social media platforms for teens. I think parents should be informed and aware of them.

Kik

Pheed

Wanelo

Flickr

WeChat

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