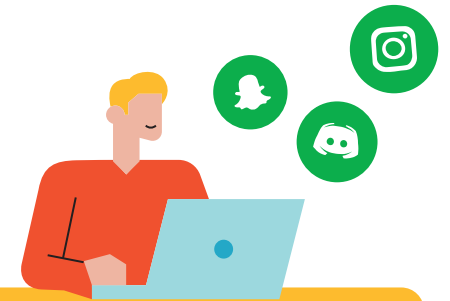


# Online safety family agreement

An online safety family agreement can be used to start a conversation about online safety, agree expectations and boundaries and help to keep your kids safe online.



## What to think about and questions to ask

- What are the **different things you each go online for**? It could be research for school work, keeping in touch with friends, or gaming.
- What are the **favourite apps or sites** each person uses?
- How does each family member **access the internet** – via a phone, tablet, or something different?
- Are there things that any of you are doing online that are worrying or **affecting others**? Think about time spent online, is it interfering with family life such as meal times?
- **How do you talk** about online safety with your child – is it negative or positive?
- How many **devices in your house** are connected to the internet? Can you go on a hunt to count them and see if you each come up with the same amount!

## Basics

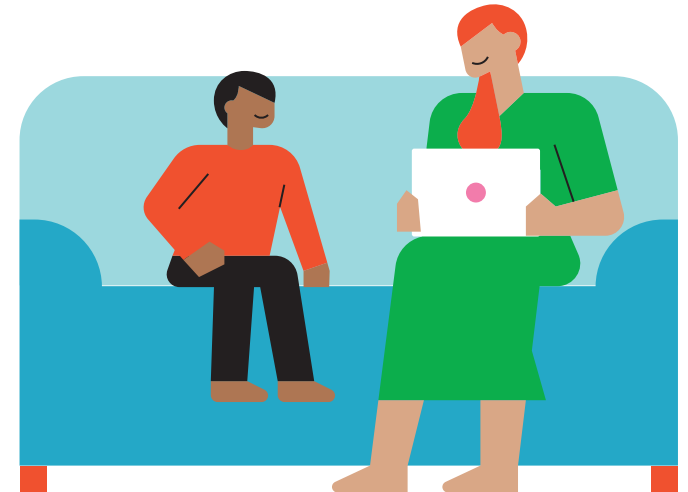
- **Sharing** – what is being shared and with who? Think about what pictures and videos show, and what is being included in messages.
- **Content** – are the games, apps and chat sites suitable for the person using them? You should remember that what is suitable for one person in the household might not be suitable for another.
- **Chat** – what should your child do if someone they don't know messages them? Who are they talking to online and are they sure they are who they say they are?
- **Behaviour** – does anything your child does online affect behaviour? This could be getting angry if they lose a game, or feeling anxious that they've missed a post.
- **Settings** – do you have safety settings in place on broadband and wifi and on your child's devices like phones or games consoles, such as for location sharing and parental controls?

## Behaviour

- There may be different agreements for different members of the household, this might be based on age, but also on ability to understand the risks and being able to deal with challenges.
- The agreement might be broken at some point, that isn't a failure, but use it as a time to talk about what has happened and why and what you can do to help keep to the agreement in future.
- You'll need to review the agreement over time. Agree how long it should be before the next review.
- Think about how you are talking about online behaviour – promote positive behaviour rather than focusing on negatives.

## Remember

Once you've talked together about how your family use the internet you can use this agreement to note down what you each agree too.  
Make sure your agreement works for each member of the family and you all understand that online behaviour may need to change to stick to the agreement.



# Our family online agreement



**Child 1:**

Name

e.g. check before downloading a new app.

How will we check we are doing this?

Signature

**Child 2:**

Name

e.g. don't share location when posting online.

How will we check we are doing this?

Signature

**Child 3:**

Name

e.g. check before downloading a new app.

How will we check we are doing this?

Signature

**Adults:**

Names

e.g. have phone free time each day for the family.

How will we check we are doing this?

Signature

**When will we review what we've agreed to?**

