

# Digital Safety Partnership **for Families**

A conversation guide to help families create safe, age-appropriate and positive digital boundaries.

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## Remember to approach this agreement from a place of:



### Curiosity

Do your research; come prepared to ask questions; be ready to learn



### Empathy

Try to put yourself in the other's shoes. Teens say they want adults to recognise the importance of a digital life, while caregivers often want teens to understand safety concerns and risks.



### Partnership

Remember, this is a joint and equal partnership. Find the best way to follow these agreements that work for your family.



### Respect

Approach this discussion – and all interactions related to this agreement – with respect.

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## Agreements

### Collective Agreements

#### **We commit to an open dialogue.**

Whenever the other wants to have a conversation, we'll be there for each other and listen to what the other has to say. We will talk about our digital lives often, not only when something goes wrong.

#### **We will know the tools and respect the rules.**

Before downloading or getting started with any new app, we'll review the app's rules and safety features, including parenting tools and account settings. If we don't think we can uphold the rules, we will discuss whether the app can be on the device.

#### **We will clearly define when and where we use our devices,**

whether at home, in school, during family time, or out with friends, and we will all respect these limits.

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#### **We will revisit our agreements regularly.**

We will check in after 30 days to review the details together and make sure it's achievable. From there, we'll revisit it once a year to ensure it's still relevant and fits with our family's needs.



## Teen Agreements

### **I will stop and think before deciding to act.**

Before I do anything online - whether it's posting a comment, sending something to a friend, or interacting with someone I may not know in real life - I'll stop and think. Is it safe? Is it respectful? Is it real? If I'm unsure, I'll check with you or another trusted adult.

### **If I see something, I'll say something.**

Even though apps have community guidelines, I may still encounter content or have interactions that make me uncomfortable. If I see something that worries me or makes me feel uneasy, I'll tell you so that you can help me avoid it or report it.

### **I agree to our limits on in-app purchases:**

If allowed, we will set boundaries for in-app purchases and how I spend money online.

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## Caregiver Agreements

### **I will be available to chat.**

I recognise that being available to talk will help you feel supported. Please don't be afraid to initiate a conversation. I will initiate conversations about your digital life, and won't only talk to you about it when something goes wrong.

### **I will be curious about your online life.**

It will talk to you about what you're seeing online, who you're speaking to and what's brought you joy recently, as well as share my own experiences.

### **I will always be there for you if things go wrong.**

When you share a problem, I'll listen, ask questions, and focus on how we can navigate the challenge together.

### **I will respect your privacy.**

My goal is to keep you safe while honouring your personal space. We'll work together to find a balance, and I'll explain why I may want to follow your online accounts, turn on safety features, or have certain access to your device.

**I will lead by example.** I understand that my behaviour sets the standard for our family's digital habits. In addition to what is outlined in this contract, I agree to:

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**I will keep educating myself about the digital world.** I understand that technology is constantly changing and exciting new apps, features, and products are coming out almost every day. While I can't promise to be an expert on every platform, I will educate myself as we make collective decisions and I welcome learning from you too.

## **What should happen if we don't follow these agreements**

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### **For Teen:**

- I will have to complete certain chores around the house to get my smartphone back.
- I'll take away your device for a certain amount of time so you can have a break and other privileges may be taken away, such as video game access.



**For Caregiver:**

- I will restrict my use of social media and swap it out for an offline activity.
- I will read around specific subjects to better educate myself on the digital world.

**Teen Signature:**

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**Parent(s) / Caregiver(s) Signature(s):**

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Developed in partnership with Internet Matters

