Internet Safety Contract

**Online rules**

☐ I agree not to share my name, age, birthday, address, phone number, or school online.
☐ I will not share videos or photos without permission.
☐ I will ask for help when setting up account names and passwords to make sure they are safe.
☐ I will not open new accounts or change passwords without permission.
☐ I will never share passwords with people outside of my family.
☐ I will never be mean or bully others online.
☐ I will talk to my parents when I feel someone online is making me uncomfortable, angry, or sad.

**Screentime rules**

☐ I am allowed to use devices for [time limit] on school days and for [time limit] on weekends.
☐ I am not allowed to use devices during meals, at school, during homework time, or during bedtime.
☐ I will put my device down when someone is talking to me.
☐ I am only allowed to watch movies that are rated:
I am only allowed to play games that are rated:

- Early Childhood (ages 3 and over)
- Everyone (ages 6 and over)
- Everyone 10+ (ages 10 and over)
- Teen (ages 13 and over)
- Mature (ages 17 and over)

---

**Texting and calling rules**

<table>
<thead>
<tr>
<th>People I am allowed to text or call:</th>
<th>Number:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I agree to all of the rules listed here.

Signed________________________________________________