

**Online Safety and Technology Use Agreement**

*An online safety agreement is a collaborative way for youth and adults to define internet and device use, screen time, limits, and expectations. When you’ve created such a contract together, both parties have a clear understanding of what the expectations are and what can happen when those expectations are not met.*

*The Online Safety and Technology Use Agreement can be used as is or changed to suit your needs. This agreement serves as a guideline when it comes to technology, social media, the internet, and online gaming, as well as online etiquette and good online practices for adults and youth.*

# Agreements for youth and adults

* We will have respectful conversations about our online activity, what we share, and why.
* We will use social media, the internet, and technology respectfully.
* We will treat others online and in real life respectfully.
* We will think before posting a comment, photo, or a video. If I am not sure it is OK, I will not post.
* We will respect agreed upon times for technology use and respect agreed upon limits.
* We will not access content or use apps, sites, and games that we have agreed are inappropriate.
* As a youth, I will inform a trusted adult if I see questionable content. As an adult, I will have a respectful conversation if I see my kid posting questionable content.
* As a youth, I will be careful about what I share about myself and others. As an adult, I will be careful about what I share about myself, youth in my care, and others.
* As a youth, I will get consent before posting pictures of others. As an adult, I will get consent before posting pictures of others, including youth in my care.
* We will keep our passwords safe, and use security and privacy settings.
* We will have fun online, explore safely, and be good digital citizens.

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Signature Date

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Signature Date