

## Building Your Family's Digital Footprint©

Parents often ask how to keep their children safe from online dangers. Some have become concerned after viewing their child's online conversations. Frequently, parents question whether the long-term effects of exposure to violence in games and viewing sexualized images is just a function of growing up on the Internet. They worry that seemingly innocuous activities will have long-term negative effects on their child's reputation, privacy and mental health.

This family contract helps parents establish a guideline and boundaries for behaviour with their young children as they start establishing their digital footprints.



### A Family Contract

1. I understand that being safe on the Internet is important to our family. I will try my best to be diligent and careful when I am online. I will include my parents or caregivers in my online activities whenever possible.
2. I will be careful with my personal information (or anyone else's) and will not share publicly, post, share or send my full name, address, email address or cellphone number without talking to my parents first. I understand that oversharing intimate photos and videos of myself can increase my online risk and result in current and future problems.
3. I will tell my parent or caregiver immediately if I feel sad, scared, threatened, or mad about something I've seen or experienced online.
4. I will share my passwords with my parent(s) or caregivers in case they may need to access to it or need to help me in some way.

5. I understand that it is dangerous to meet a person that I've only known online. I will make safe arrangements with my parents or caregiver before doing this.
6. I will tell someone if I see something on the Internet that I believe is wrong. I will always try to be a good digital citizen, by being kind.
7. I understand that I should always be careful when clicking on links. I should ask questions before opening e-mails from people I don't know, like who is this person, how did they find my email and why are they contacting me.
8. I understand that sending, receiving and forwarding nude or semi-nude photos and videos of myself is harmful.
9. I respect my privacy, my family's and my friend's privacy and won't disclose personal, private or credit card details without prior checking.
10. I'll be careful before buying, selling or signing up for things online. I'll speak to my partner or caregiver to ask for help when doing this.
11. I understand that people may not be who they say they are online. If someone tries to entice me, threaten me into meeting them or send me gifts in return for a photo, I will tell an adult.
12. I will talk with my parents or caregiver on a daily or at least regular basis about my life online.
13. (Parent) I agree to help my child follow these rules, and I agree to allow reasonable use of the Internet as long as these rules and other family rules are followed.

Signed (Child) \_\_\_\_\_

Signed (Parent/Caregiver) \_\_\_\_\_

Date \_\_\_\_\_