

The Official Teenager Social Media Contract

It's official!! You are a teenager. Happy Birthday to you, we love you! As a teenager you will want to partake of the world of electronic devices and the apps that are available. We want you to be safe and confident that your experience navigating social media apps and teenage life will be successful. So we've set up this contract. Our job is to help you become well rounded, responsible, and able to coexist with technology and real world life as a teen. However, failure to follow the rules and guidelines can result in termination of your electronic privileges. So pay close attention.

- 1. Using electronics and social media apps and games is a privilege not a right. It can be taken away.***
- 2. All social media apps and games will be asked for and not downloaded or signed up for without the permission of a parent. I will not sign up on my friend's or family member's phones/tablets in secret. And all passwords will be giving to my parents.***
- 3. I will NOT give my passwords to anyone other than my parents. I will NOT change any of my passwords with my parents permission.***
- 4. All privacy settings will be set to PRIVATE and parental controls will be in place for my safety and the safety of the things I post. Privacy settings will NOT be changed by me, this can only be done by a parent.***
- 5. I will NOT share or post: my real name, age, address, school, or other personal information, without my parents permission. I will NOT post personal information or photos about my friends or family either.***
- 6. I will NOT post or share photos of my body parts. Photos should only be of my face and the faces of my friends or family members with me. I will NOT post photos of kissing, grabbing private parts, or making any kind of inappropriate gestures. This is for my safety and the safety of those around me.***
- 7. I will NOT use technology to lie, hurt, fool, or deceive others. I will NOT use technology to mock, tease, gossip or reveal secrets of others. I will be respectful of myself and others with the words and images I post.***
- 8. I will immediately tell my parents if I receive anything that is offensive, inappropriate, mean or hurtful. This includes any private message or posts from friends or family members and especially from strangers.***
- 9. I will keep my grades up and follow the rules and guidelines for suing electronic devices. Electronic devices will not keep me from interacting with family and friends face to face.***

10. I will not search or view any sexual content. I understand that sex is a healthy part of an adult life but sexual content on the internet is very different and not healthy for me to view or watch. I understand that if I accidentally stumble across something inappropriate or if a friend tries to show me I will stop watching immediately and tell my parents about it. I understand that my parents only want to protect me and they are open to talking about any feelings or thoughts I am having.

11. I agree and understand that everything I put online is permanent! Even if I think I have deleted it, I understand that technology can be accessed and those images and words can still be found. I understand that when I am a grown up someone can look up my name and find every single thing I have posted. This includes parents, bosses, future family etc.

If you do not follow the rules and guidelines here your electronic device privileges will be taken away for as long as your parents feel is necessary. Please understand that your family loves you and wants to keep you safe. These guidelines were created out of love.

I, _____, agree to these rules and guidelines. I will abide and follow them to the best of my ability. I understand that I am a teenager and that I won't always agree with the guidelines but they are in place for my safety.

Signed

Parent: _____ **Date:** _____

Parent: _____ **Date:** _____

Child: _____ **Date:** _____