ABC's OF HEALTHY KIDS | S: Social Media Smarts

Social Media Contract

Parents: Review this Social Media Contract with your child. There may be other contract options for your family's specific needs that can be found by searching online.

Date:_____

I will ask permission to:

• join/download social media apps _____
child's initials

• post pictures of myself, family and friends on social media _____
child's initials

I won't post anything that:

• is illegal—punishable by law _____
child's initials

• I wouldn't want a teacher or parent/guardian to see _____
child's initials

• I could regret in the future, like posts made when I'm angry _____
child's initials

I won't cyberbully

• I will let my parents/guardians know if I'm the victim of online bullying _____
child's initials

• I will tell my parents/guardians if I encounter anything suspicious, illegal, dangerous, or anything that makes me feel uncomfortable. _____ Other trusted adults I can talk to are:
child's initials

_____

I won't "friend"/connect with strangers. _____
child's initials

I won't hide or delete messages, photos or apps or download software to do so. _____
child's initials

I won't touch or look at my phone when it's dangerous to do so _____
(like when driving, riding a bike, walking, etc) child's initials

My parents/guardians can:

• inspect my phone and apps at any time and may use parental controls _____
child's initials

• have access to all my social media, email and device passwords _____
(I will not share these passwords with anyone else) child's initials

• make rules I will follow about time limits and maintaining academic standards (keeping my grades up). _____
child's initials

I will always answer calls or texts from my parents/guardians. _____
child's initials

CONSEQUENCES of breaking this contract:

_____ _____
child's initials

_____ _____
child's initials

_____ _____
child's initials

PARENTS:

• I will not overreact if my child tells me about a problem they are having on the internet. We'll work together to solve the problem and prevent it from happening again.

_____
parent initials

SNOHOMISH
COUNTY
HEALTH DEPARTMENT