



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

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

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



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HEALTH DISTRICT
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