

I PROMISE TO KEEP THESE COMMANDMENTS

Gadgets, phones and the Internet can be used in unsafe ways. I am making this agreement with my parents to help keep me, my family and my friends safe.

- 1** My parents and I will decide when I am allowed to use the computer, cell phone, gaming systems and the Internet. I promise not to ask or fight for more time. I will only do things and visit places that they say I can.
- 2** I will never tell anyone in text messages or post online that I am home alone. I won't give out my last name, my home address or phone number, the name of my school or teachers, where my parents work or their phone numbers without getting my parents' permission. I will never give out my friends' screen names, e-mail addresses, names, addresses and phone numbers, and I will remind them to keep mine a secret.
- 3** If anyone does anything that bothers me, I will tell my parents. I will never use bad language, say bad things about other people, or send mean messages in an e-mail, text or instant message, chat room, blog, or on a Web site. I will tell my parents if someone does that to me. If I use "secret" or "code" words online, I will tell my parents what they mean.
- 4** When I use instant messaging, e-mail, chat rooms, or Web sites where people put information about themselves, I will never send or post a picture of my family or me. If I set up a blog or an online profile, I will tell my parents where it is and how they can read it.
- 5** I WILL NEVER, EVER MEET WITH ANYONE I'VE TALKED TO ONLINE WITHOUT FIRST TALKING WITH MY PARENTS.
- 6** If my parents ask me for my password, I will give it to them. I will NEVER give out my passwords or any of our family's passwords to anyone, not even my friends' or other family members.
- 7** If I want to download any apps, games, movies, music, or programs, I will ask for permission. I know I must pay for most of these things. If I take them, that is stealing.
- 8** I will not try to win free things or buy things on my phone or on the Internet without my parents' permission. If I get a message that I won something, I will show it to my parents. If I get an e-mail or text asking for passwords or other secret stuff, I will ask my parents. I will not forward any e-mail or messages that tell me bad stuff will happen to me if I do not.
- 9** I will not open any of my parents' files. I will not change any settings or install any new software without my parents' permission.
- 10** I give my parents' permission to look on the computer and my phone to see where I have gone on the Internet, the e-mail and text messages I have sent and received, the things I downloaded or what I do. If my parents installed programs that track what I do on the computer or limit where I go online or on my cell phone, I promise not to turn those programs off.

X

CHILD'S SIGNATURE

I have read the above and agree to follow these rules. If I do not, my parents can take away my privileges.

X

PARENT'S SIGNATURE

I agree to let my child use electronics so long as these rules are followed.