

Family Technology Boundaries

Social Media Safety and the Law by Stefanie Hanley

<https://www.common sense media.org/family-media-agreement>

<https://uppervalleykidstuff.com/a-technology-contract-for-tweens-and-teens-and-parents/>

General questions to answer:

- How much time per day/week will various technologies be allowed?
- Can social media be accessed from all devices?
- What should children do if they encounter problems/issues/inappropriate content?
- Who gets administrator rights? Are passwords shared?

Common sense advice for social media:

- Important messages should always be delivered face-to-face if possible! Consider the pain of a boyfriend breaking up with you via text message.
- Ask yourself if you would say the same thing in person.
- What you intend to send to one person may easily end up on the screens of many. Be mindful that your texted messages and photos can be forwarded.
- Phones are subject to periodic text reviews from parents. No deleting texts.
- Remember that neutral messages are often perceived as negative.
- Don't say bad things about people.
- Don't gossip.
- Stay positive.
- Never share personal information (age, birthday, school, sports teams, clubs, church, email, phone number)
- Never "friend" large number of people especially people they do not know in real life
- Never post "location based content" that tells people where you are
- Never post or share Sexually provocative images

Texting:

- Driving and texting are never okay. If it's an emergency, then pull over.
- Don't text or check text messages in the midst of a conversation, when someone wants to talk to you.
- Be respectful when a parent asks you to put your phone down.
- Always promptly answer texts from parents.
- Think before sending your text message.
- Don't send a text that you wouldn't want to receive. Do not text when you are mad or having a fight.

- It is not good manners to text while with a group of friends. It may make others feel excluded and is simply not polite. If it's an emergency, that is, of course, a different ball of wax!
- Limit how many texts you send out. Consider calling your friend if you are texting 10 times or more.
- Make time to call friends; its good communication practice and develops closeness.
- Appropriate times to text:
 - Limit to no more than ½ hour a day during the week
 - Weekends, more leniency – cannot impede family time, homework and sleep
 - No texting during homework unless used for collaboration and help
 - No texting during school hours
 - No texting after you go to bed (leave phone in living room)
 - No texting during family functions