

Family Media Agreement

I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- _____

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- _____

Family Media Agreement

... stay balanced.

- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities — and people — in my life.
- If using media or being online is making me unhappy or it's hard to stop, I will take a break and talk to a family member.
- _____

... communicate openly.

- I will talk to my family about what media I use and what I do online and answer any questions they have openly and honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.
- _____

In exchange, my family agrees to:

- recognize that media is a big part of my life, even if they don't always understand why.
- talk with me about what worries them and why before saying "no."
- talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.
- _____

X

SIGNED BY ME

X

SIGNED BY MY PARENT OR CAREGIVER