



Family Online Safety Agreement

Ages 13 and Under

Online safety works best when families work together. This agreement helps children and parents set clear, shared rules for using devices, apps, and the internet — with kindness, honesty, and trust on both sides.

AS A KID, I AGREE TO:



Tell my parent or guardian what I do online

Share the games, apps, and websites I use — and speak up straight away if something makes me feel uncomfortable or scared.



Be kind and respectful online

Treat people with kindness online, just like in real life. I won't send or post anything hurtful, mean, or embarrassing about anyone.



Ask before using AI tools

Check with my parent or guardian before using AI chatbots or AI-powered apps. I understand that AI can sometimes get things wrong, and I'll tell a grown-up if anything an AI says worries me.



Protect my personal information

Never share my full name, address, phone number, school, or location with people I don't know in real life — online or in any app or game.



Remember that sharing is permanent

What I send or post online can stay there for a long time and can be shared by others. I'll think carefully before I send anything.



Stay away from content not meant for me

Avoid apps, websites, videos, or games that are not for my age — and tell my parent or guardian if I come across something I shouldn't see.



Ask before downloading apps or games

Always check with my parent or guardian before downloading anything new or creating a new account.



Follow our family device rules

Use my devices at the times and in the places we've agreed on, and hand them over without arguing when time is up.

If I break this agreement, I understand that we have agreed the following will happen:



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AS A PARENT/GUARDIAN, I AGREE TO:



Talk openly and listen without overreacting

Create space for honest conversations about what you do and see online — and stay calm so you always feel safe coming to me.



Help you understand AI safely

Talk with you about what AI tools are, how they work, and why some aren't suitable for children.

I'll explore them with you rather than just saying no.



Stay involved in your digital life

Take a genuine interest in the games, apps, and platforms you use — and check in regularly without making you feel watched or mistrusted.



Set up and maintain safety tools

Put appropriate parental controls, content filters, and privacy settings in place — and keep them up to date as you grow.



Enforce this agreement fairly and consistently

Apply the rules we've agreed on consistently, explain the reasons behind them, and update them as you get older and more responsible.



Keep learning alongside you

Stay curious about the apps, games, and AI tools you use — and be willing to say "I don't know" and find out together.



Model good digital habits

Reflect on my own screen time and device habits, and hold myself to the same standards I'm asking of you.

SIGNATURES:

Child Signature

Date:

Parent/Guardian Signature

Date:

Parent/Guardian Signature

Date:

We agree to review this agreement together on: _____ and update it as needed.