



Family Online Safety Agreement

For Teens

Online safety works best when families approach technology together. This agreement helps teens and parents set shared expectations for how devices, apps, AI tools, and online spaces will be used - with honesty, respect, and trust on both sides.

AS A TEEN, I AGREE TO:

Be open about my online life

Share what I'm doing online and speak up if something makes me uncomfortable — even if I think I might get in trouble.

Treat others with respect

Be kind online and avoid posting, sharing, or sending anything that could hurt or embarrass someone else.

Be honest about how I use AI

Use AI tools to support my learning, not to do my work for me. I will be transparent about when and how I've used AI for schoolwork.

Think before I post or share

Consider how my posts, messages, and likes may affect myself and others — now and in the future. If in doubt, I won't post it.

Remember that private isn't always private

Even content shared privately can be screenshotted and reshared. I will only share things I'd be comfortable seeing in public.

Protect my personal information

Use privacy settings and avoid sharing personal details — like my address, phone number, school, or location — with people I don't know.

Ask before downloading new apps or joining platforms

Check with my parent or guardian before downloading new apps, creating new accounts, or joining new online communities.

Follow our agreed device rules

Use my devices during the times and in the places we've agreed on, and respect family limits on screen time.

Maintain balance

Make time for offline activities, hobbies, face-to-face friendships, and time away from screens.

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



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AS A PARENT/GUARDIAN, I AGREE TO:



Talk openly and listen without overreacting

Create space for honest conversations about technology — including things that worry me — and respond calmly so my teen feels safe coming to me.



Help navigate AI together

Stay informed about the AI tools my teen uses, discuss how to use them honestly and responsibly, and avoid overreacting when mistakes happen.



Stay engaged while respecting privacy

Take a genuine interest in my teen's digital life without surveilling every move. Trust is built gradually — and so is independence.



Enforce this agreement fairly and consistently

Apply agreed rules and consequences consistently, explain the reasons behind them, and revisit them as my teen gets older.



Keep learning alongside you

Stay curious about new apps, platforms, and AI tools — and be willing to say “I don’t know” and find out together.



Model the behavior I’m asking for

Reflect on my own device habits and hold myself to the same standards I’m asking of my teen.

SIGNATURES:

Teen's Signature

Date:

Parent/Guardian Signature

Date:

Parent/Guardian Signature

Date:

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