



## Children

### Online Safety Family Agreement

Keeping young people safe online can feel like a daunting task as technology is moving at such a fast pace. A fantastic way to keep young people safe online is to work together, have a conversation and put a family agreement in place. Remember we manage risk online and we cannot control everything online. It's also important children have a say in the rules and consequences when building the agreement.

#### Things to consider

- Be positive as a family about using the internet, don't forget to focus on positive online behaviour as well.
- The agreement has to be reviewed and be flexible
- The agreement will only work if everyone buys into it, including parents

Who is the agreement for?

How are we going to keep safe online?

What are the consequences going to be if the agreement is not stuck to?

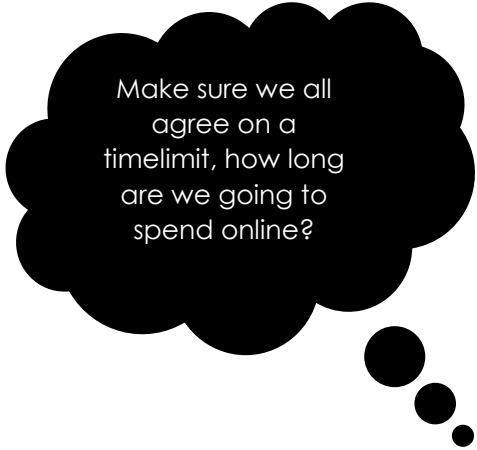


When will the agreement be reviewed

Date of agreement

Signed

Notes or ideas



Make sure we all  
agree on a  
timelimit, how long  
are we going to  
spend online?

Supporting, setting up and implementing the 4 D's at home is vital for primary children:

- **Digital free zones** – keep technology out of bedrooms if we can, maybe use it in a family room, identify early on where technology is not allowed in the house, flat etc
- **Digital role models** – parents and carers lead by example online and with digital usage
- **Digital sunset** – ideally young people need to come away from technology 1 hour before they go to sleep, but pick your battles. What time do you think is appropriate for your children to come away from technology to get a good nights sleep?
- **Digital detox** – as a family try a gadget free day or hour. Try no technology after 6pm or a certain time, have break before breakfast or in the morning, can dinner tables be digital free zones and have a break and time out over dinner.



## Teenagers

### Online Safety Family Agreement

Safeguarding teenagers online can be a real challenge as you want them to use the internet, gaming and social media but safely. A fantastic way to keep young people safe online is to work together, have a conversation and put a family agreement in place. Young people are going to push boundaries, **but don't get mad get curious** we where all young once and its not easy growing up in this digital world. We manage risk online and don't forget we cannot control everything online. It's vital young people have a big say in the rules and consequences when building the agreement.

#### Things to consider

- Be positive as a family about using the internet, don't forget to focus on positive online behaviour as well.
- The agreement has to be reviewed and be flexible especially for teenagers
- The agreement will only work if everyone buys into it, including parents

Who is the agreement for?

How are we going to keep safe online?

What are the consequences going to be if the agreement is not stuck to?



When will the agreement be reviewed

Date of agreement

Signed

Notes or ideas



Great question to ask young people: Can you think about what might be realistic for you in terms of changing your relationship with gaming or social media?

Supporting, setting up and implementing the 4 D's at home is a good idea but pick your battles and again be realistic:

- **Digital free zones** – keep technology out of bedrooms if we can, maybe use it in a family room, identify early on where technology is not allowed in the house, flat etc
- **Digital role models** – parents and carers lead by example online and with digital usage
- **Digital sunset** – ideally young people need to come away from technology 1 hour before they go to sleep, but pick your battles. What time do you think is appropriate for your children to come away from technology to get a good nights sleep?
- **Digital detox** – as a family try a gadget free day or hour. Try no technology after 6pm or a certain time, have break before breakfast or in the morning, can dinner tables be digital free zones and have a break and time out over dinner.