

# Family agreement

A family agreement is a great way to start a conversation with your whole family about how you all use the internet, and discuss together how to behave in a positive way when online at home, at school, or at a friend's house etc. Bear in mind it is difficult to have complete control over your family's internet usage, however a family agreement is a great way to set clear expectations for positive and safe internet use.

## Top tips

- 1 Make sure that both adults and young people are open to changing their online behaviour as a result of your agreement.
- 2 Make sure your agreement works for your whole family and everyone is happy with it.
- 3 Review your agreement in the future to make sure it reflects the current needs and ages of your family.
- 4 Consider your tone - Are you focusing on negative behaviour or promoting positive behaviour?

## Starting questions

Who is this agreement for?

What do we use the internet for? (Favourite websites, apps and games)

Adult's use

Young people's use

Why are we creating this family agreement?

# Examples

Suggested ideas for an agreement with younger children.

## We agree to...

*I will use my tablet for \_\_\_\_\_ mins a day*

*I will make sure the children's favourite games are bookmarked for them to get to easily*

Who is responsible for this?

*Isabel and Phoebe*

*Mum/Dad*

Suggested ideas for an agreement with pre-teen children.

## We agree to...

*I will tell mum and dad when I see something that worries me*

*I will put parental controls in place but review it as the children grow up*

Who is responsible for this?

*Leo, Tom and Ella*

*Mum/Dad*

Suggested ideas for an agreement with teenage children.

## We agree to...

*I will make sure all my social networking sites are private and that I only accept requests from people I know*

*I won't post photos of our children without their permission*

Who is responsible for this?

*Amar and Yusuf*

*Mum/Dad*

# Things to consider...

## Keeping safe

- How safe is our personal information?
  - Do we have strong passwords? Eg capital letters, symbols, 10 characters etc
  - Do we all have usernames that don't reveal our full names?
- Have we considered which parental controls would be right for our family?
- Have we discussed online friendships and whether we can trust them?
- Do we need a family email address to use when signing up to new accounts?
- Who will we talk to if we feel uncomfortable about anything we have seen or heard online or on a mobile phone or gaming device?
- When is it okay to download files, games or apps?
- Have we checked the reviews and ratings for apps and games?
- Which websites are okay for us to use?
- Should we open links from people we don't know?
- Do we ever use voice activated controls or searches?

## Social networking

- Do we know the age requirements to be on social networks?
- Who can I post images and videos of online? When should I check before I post?
- Do I know why it is important to be private and how to set this up?

## Gaming and toys

- Which age rated games can I play?
- Am I aware of why PEGI is important?
- Can I play online with people I don't know?
- Do we know which of our toys and devices connect to the internet?

## Positive online behaviour

- How can I be a good friend on the internet?
- What will I do if I receive a message which worries or upsets me?
- Do I know where the report and block buttons are online?

## Healthy lifestyle

- How long can we spend online? And what mix of activities can we enjoy?
- Do we spend the same amount of time enjoying our offline activities?
- Where can we use our devices around the house?