

I will ...

stay safe.

- I will not give out any private information, such as my full name, date of birth, address, or phone number, without my family's permission.
- I will keep my passwords private and only share them with my family.
- I will tell a trusted adult if anyone online makes me feel uncomfortable, sad, or unsafe. I will recognize that my safety is more important to my family than anything else.
- _____

think first.

- I will communicate kindly when I use the Internet or my cell phone. I will not tease, embarrass, or bully others.
- I know that the Internet is public, and I will respect myself and others when I'm using it.
- I will not pretend that I created something that's not actually my own work.
- _____

stay balanced.

- I know that not everything I read, hear, or see online is true.
- I will respect my family's decisions for what I'm allowed to watch, play with, or listen to, and when.
- I will continue to enjoy the other activities – and people – in my life.
- _____

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 help me find stuff that's appropriate and fun.

X

_____ signed by me

X

_____ signed by my parent or caregiver