

# Digital Family Agreement



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*I will:*

*Why?*



*Parent/carer will:*

*Why?*

**If there are any issues:**

**If I'm worried by anything:**

Signed:

Today's date:

Date we will review this:

# Digital Family Agreement



## I will:

## Why?

Check with mum before getting a new app or game or buying an add-on so she can check it's safe

Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry

Check with mum or dad before going live and explain what I can do to avoid any risks

Not post or share any personal information, e.g. mobile, address, to stay private and safe

Put my phone down when we're eating together or mum or dad want to talk, as it's respectful

Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep

Come off my devices an hour before bedtime to unwind and Sleep well

*If there are any issues:  
We will talk about it calmly and respectfully  
I may have to show you more about what I am doing on devices, or other consequences*

## Parent/carer will:

## Why?

*Put our devices down when you want to talk to me/us so we can model good behaviour*

*Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk*

*Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy*

*Ask permission before sharing any photos of you, to respect your privacy*

*If I'm worried by anything:  
I can tell mum or dad and they won't judge me  
I can talk to Ms Patel at school  
I can contact Childline or The Mix*

Signed: *Sophie* Mum Dad

Today's date: *24th March*

Date we will review this: *24th May*