

I AM EXCITED TO GIVE YOU THIS

TABLET

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits

You are allowed to use this tablet _____ hours per day unless we have agreed otherwise.

Restrictions

You should not use your tablet at these times, places, or in these situations without permission:

Apps

You agree to ask me before you download new apps or make in-game purchases. Or, we may agree to a pre-approved amount for purchases.

Content

I want you to learn and have fun with technology, so it matters to me what you're doing online. I may ask where you're going, who you connect with, and what you're doing on your tablet. I'm excited for the opportunities technology gives you, but I also want you to stay safe.



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your tablet that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you do on your tablet so we can talk about them. I promise to try out new and different things with technology so we can spend time online together.

Be responsible

I know it's important that I also set a good example when using my own devices. I promise to make sure I read information before I purchase and download apps and make conscious decisions about my own time limits too.

Child signs here

Parent signs here

For more information:
fosi.org/parenting

I AM EXCITED TO GIVE YOU THIS

PHONE

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits

You are allowed to use your phone_____ hours per day for non-school-related activities or for communicating with family and friends.

Apps

You agree to ask me before you download new apps or make in-app purchases. Or, we may agree to a pre-approved amount for purchases.

Be respectful

You agree to text, type, comment, or chat with kindness.

When and where

You are not allowed to use your phone at these times, places, or in these situations:

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your phone that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you do on your phone so we can talk about them. I promise to try out new and different things with technology so we can spend time online together.

Be responsible

I know it's important that I set a good example when using my own devices. So, I promise to never text and drive, to learn more about my phone's safety and privacy features, and to spend phone-free time with you.

Child signs here

Parent signs here

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I AM EXCITED TO GIVE YOU THIS

VIDEO GAME CONSOLE

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits

You are allowed to play _____ hours per week. On weeknights you are allowed to play _____, and on weekends, you are allowed to play _____.

Types of games

I want you to play games that are age appropriate.

You are not allowed to play games with these age or content ratings: _____

Other players

This video game system has an online network with the ability to chat with players.

- ☐ You are not allowed to use this feature.
- ☐ You are allowed to use this feature by agreeing to be kind in the chat and with the following limits:

In-game purchases

Video games often have in-game purchases. You are allowed to spend \$ _____ per month on purchases and you will check with me before purchasing. Other rules: _____



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GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something while playing a game that makes you feel uncomfortable, I want to know about it so I can help you. And I promise if that situation ever comes up, I will listen first and not overreact.

Learn new things

I want to know about the games you like to play. I promise to keep an open mind and even try to learn how to play some of the games you enjoy!

Listen to you

I am willing to talk about these rules, hear your concerns, and discuss possible changes or compromises.

Child signs here

Parent signs here

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I'M EXCITED FOR THE DIGITAL OPPORTUNITIES OFFERED ON THIS

LAPTOP

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits

You are allowed to use your laptop _____ hours per day for non-school-related activities or communicating with family and friends.

Safety settings

We need to talk as a family and set some rules for access, content, and privacy. I want to start with: _____

Be respectful

You agree to text, type, comment, or chat with kindness.

When & where

You are not allowed to use your laptop at these times, places, or in these situations:

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your laptop that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you do on your laptop so we can talk about them. I promise to try out new things with technology so we can spend time online together.

Be responsible

I know it's important that I set a good example when using my own devices. So, I promise to learn more about my laptop's safety and privacy features, and to take screen-free time with you.

Child signs here

Parent signs here

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I AM EXCITED FOR YOU TO USE THIS

SMART SPEAKER

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Requests

You will make appropriate requests of the smart speaker and will use appropriate language. You will not change the wake-word without my permission.

Privacy

You will respect others' privacy when they come to visit and inform them that you have a smart speaker. You will be mindful of private information and not change any existing user settings around privacy.

Purchases

You agree to ask me before you make any purchases or add things to a shopping list. (We can also agree to a pre-approved amount.)

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you experience something on this device that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation comes up, I will listen first and not overreact.

Learn new things

I'm excited about all the cool things we can do with smart speakers. I promise to try and learn new things about them so we can try it out together.

Be responsible

I know it's important that I set a good example when using this device too. So, I promise to be careful about the features I use, the language I use, and what information is being shared so I can make safe decisions as well.

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Parent signs here

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I AM EXCITED TO GIVE YOU THIS

SMART WATCH

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Tracking

Smart watches have tools for tracking your location, notifications, your health and fitness goals or even your favorite apps. For safety, you are allowed to enable the following features only:

Privacy

Your smart watch stores personal information. Please maintain your device by running updates, conducting regular privacy setting check-ups, and being mindful of personal information.

Activity sharing

Many smart watches have apps with activity sharing. You are allowed to share your activity with only these apps and/or approved people:

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If something happens involving you and your smart watch that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you can do on your smart watch so we can talk about them. I promise to try and learn new and different things about your connected watch so we can try them out together.

Be responsible

I know it's important that I set a good example if I also use a smart watch. So, I promise to be careful about how I use my devices and what information is being shared so I can make safe decisions as well.

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I AM EXCITED TO GIVE YOU THIS

FITNESS TRACKER

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Tracking

Some fitness trackers track your location, fitness goals and progress, health information, and more. For safety, you are allowed to enable tracking features for these metrics only:

Privacy

Your fitness tracker stores personal information, and may allow you to connect with others using similar devices. Please maintain your device by running updates and conducting regular privacy setting check-ups, and not sharing personal information with people you don't know.

Activity sharing

Many fitness trackers have apps with activity sharing. You are allowed to share your activity with only these apps and/or approved people:

Other rules



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GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your fitness tracker that makes you concerned, I want to know about it so I can help you. I promise that if that situation comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you can do on your wearable device so we can talk about them. I promise to try and learn new and different things about wearables so we can try them out together.

Be responsible

I know it's important that I set a good example when using my wearable device too. So, I promise to be careful about the apps I use and what information is being shared so I can make safe decisions as well.

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