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?

www.childnet.com/have-a-conversation
### Suggested ideas for an agreement with younger children.

**We agree to...**

<table>
<thead>
<tr>
<th>I will use my tablet for ______ mins a day</th>
<th>Who is responsible for this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will make sure the children’s favourite games are bookmarked for them to get to easily</td>
<td>Isabel and Phoebe</td>
</tr>
</tbody>
</table>

**Who is responsible for this?**

| Mum/Dad |

### Suggested ideas for an agreement with pre-teen children.

**We agree to...**

<table>
<thead>
<tr>
<th>I will tell mum and dad when I see something that worries me</th>
<th>Who is responsible for this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I will put parental controls in place but review it as the children grow up</td>
<td>Leo, Tom and Ella</td>
</tr>
</tbody>
</table>

**Who is responsible for this?**

| Mum/Dad |

### Suggested ideas for an agreement with teenage children.

**We agree to...**

<table>
<thead>
<tr>
<th>I will make sure all my social networking sites are private and that I only accept requests from people I know</th>
<th>Who is responsible for this?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I won’t post photos of our children without their permission</td>
<td>Amar and Yusuf</td>
</tr>
</tbody>
</table>

**Who is responsible for this?**

| Mum/Dad |

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