Childnet Family Agreement

A great way to start positive family conversations around online safety, and to agree clear expectations and boundaries.

Start by discussing the questions that are most relevant to your family.

Getting started

- What do we enjoy doing online?
- What apps, games and websites do we use the most?
- Do we already have any rules about use of tech we want to include in our family agreement?

Managing time online

- How does it feel when we use tech for too long?
- How do we know when our screen use is interfering with family life, sleep or exercise?
- What can we do to help avoid overusing tech?
- What settings can we use to help maintain a healthy balance?

Sharing

- What should we check before posting or editing images and videos online?
- Do we know how to use privacy settings and what makes a strong password?
- How can we use features like livestreaming and disappearing content safely?

Online content

- How do we decide which websites, apps, games and devices are okay for us to use?
- What can we do if we see something online which seems unreliable or untrustworthy?
- How can we stop ourselves accidentally spending money in a game or app?

Communicating online

- Who can we talk, chat or play games with online? Just family? Friends? Anyone?
- How can we keep ourselves safe if we are communicating with people who we only know online?
- How can we stay safe if we are using AI chatbots?

If things go wrong

- What can we do if we feel uncomfortable or upset by anything we see or hear online?
- What should we do if someone we only know online asks us for photos, a video call, to meet up or to share personal information?
- Do we know how to find the report and block buttons on the websites, apps and games we use?

To finish...

- How could parental controls help our family?
- What should happen if one of us breaks the family agreement?
- When should we review our family agreement?

Want expert advice?

www.childnet.com/parents-carers-advice

Examples for different ages:

Our agreement (Under 11s)

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.

Our agreement (Pre-teens)

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.

Our agreement (Teenagers)

I will make sure I am using AI safely and responsibly.

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

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Childnet Family Agreement

Now it is time to write your agreement.

Our agreement:

Who is responsible for this?

What happens if someone doesn't follow the agreement?

Date:

Review date:

Signatures:

Childnet

For further advice and resources, visit www.childnet.com/parents-and-carers

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