

Electronic and Internet Usage Family Declaration

We, the _____ Family, want a healthy living environment that enriches the mind, nourishes the soul, and offers connection time between family members. We realize there have to be limits with screen time for this to happen.

We, as a family, make this declaration.

TV/ELECTRONIC TIME (each family member can write their goal below)

Weeknights:

(i.e. only after homework is completed, 30 minutes a day, not/only after 8:00)

NAME	GOAL

Weekends and Holidays:

(i.e two hours a day, no screen the first hour of the day, after chores have been completed)

NAME	GOAL

School Days - Home Sick:

(i.e. no electronic use except for school related projects, limited to one hour)

NAME	GOAL

EXCEPTIONS:

- Using laptop for homework
- Using IPad to read a book
- Using iPhone for reminders and timers
- To meet school or work deadlines
- Family time watching together or playing together

IMPORTANT:

- You are responsible for keeping track of your electronic use. Failure to self-time will result in a warning, then suspension of privilege.
- You must complete all chores and homework before using electronics.
- You may NOT wake up parents to inquire about using electronics.
- You may earn electronic credits for special chores or minimizing use during other times of the week.
- This declaration will be in place starting _____ for one week. After one week we will sit down as a family and discuss changes. No changes will be discussed beforehand.

We agree to the above declaration in the spirit of family connection and self-care.

Signature

Date

Signature

Date

Signature

Date

Signature

Date

Signature

Date

Social Media and E-mail Safety Rules

(Courtesy of www.UndrownedLife.com)

VERY IMPORTANT! Sharing private information with ANYONE online is NOT OK. People who really know you don't need to get this information online—they can get it in person or over the phone. Bad people sometimes pretend to be people you know to trick you. Sometimes untrustworthy adults pretend to be kids.

- NEVER share your personal information online: where you live (even town), school name, your age, what your parents do, phone numbers, e-mail addresses, pictures of yourself or anyone you know, credit card information or ANY specific information about our trips, activities, hobbies, etc.
- NEVER post that we are going away or that we are away from home.
- NEVER EVER agree to meet with anyone you meet online in real life.
- NEVER give out your username or password, including to your best friends. If ANYONE asks you for your sign-in information – DO NOT give it and alert parents immediately.
- ALWAYS tell Mommy and Daddy about any “fishy” stuff. Trust your gut—if something feels wrong, it probably is wrong.
- NEVER keep any secrets from us, especially if someone tells you that you can't tell anyone. Trustworthy people will never ask you to keep secrets from parents.
- **Anyone online can be lying. This goes for profile pictures and information, posts, etc.**
- NEVER create a social media account without a parent. It's unsafe.
- Always ask parents before clicking on pop-up windows, downloading or installing software. Do not click on any unfamiliar messages that pop-up on the computer, even if they look “official”.
- We reserve the right to check your social media accounts. We will require knowing passwords to each account. If you are not doing anything wrong, there is no reason for us to not be able to see your posts and messages.
- Never respond or re-post social media posts or e-mails that require you to respond or share the message with others, especially if they include a scare like “if you don't share this in the next minute, you'll never have a boyfriend”. These can be viruses or hoaxes. In either case, they are NEVER true!

Social Media Etiquette

THINK Before You Post:

T – is it true?

H – is it hurtful?

I – is it illegal?

N – is it necessary?

K – is it kind?

- Be kind, considerate and respectful of EVERYONE. Expect the same in return. Anyone who shows you anything less is not a friend. If anyone disrespects or bullies you or anyone else online, please tell us right away.
- Don't respond to messages that are offensive, strange, mean or upsetting. Alert a parent instead.
- Social Media is not a replacement for real friendships.
- Don't be a phony. Don't pretend to be someone else online – you are amazing and great as you are, and you have a great life. Anybody who doesn't think so doesn't matter.
- Remember this when it comes to other people's posts: things always look better in social media than in real life because people are more likely to post about things that they are proud of.
- Only truly insecure people need to constantly brag or show off online.
- If anyone's ways of being online make you uncomfortable – it's ok to 'unfriend' them.
- If you are checking your social media account all the time or worry about what people say about you or your posts, you are not using social media – social media is using you. Talk to us about it.
- It's not impolite to not accept 'friendship' requests online.