



Family Online Safety Plan



Please fill out this plan together with your child / children. Any child in the home who is using technology (even if it's just to watch videos occasionally on someone else's phone or tablet) should be a part of this conversation!

Our Family Values for Technology:

Examples: kindness, connection, privacy, honesty, respect, creativity

Device & Screen Time Rules:

Devices can be used:

- | | | | |
|--|--|---|--|
| ☐ in common areas only (living room, kitchen, etc.) | ☐ for homework & school | ☐ during certain times: _____ to _____ am/pm | ☐ if _____ (caregiver) says it's okay |
|--|--|---|--|

Devices will be put away:

- | | | | |
|---|---|---|--|
| ☐ if chores are not finished first | ☐ when working on homework | ☐ during certain times: _____ to _____ am/pm | ☐ during meal or family times |
|---|---|---|--|

Privacy & Personal Information

*I agree **NOT** to share the following information with others online:*

- | | |
|---|--|
| <ul style="list-style-type: none">• my full name• my birthdate• my home address• the name of my school• my phone number• my email address• names of my family members | <ul style="list-style-type: none">• my location• my travel plans• my schedule or daily routine• pictures of my friends or siblings (unless they say it's okay)• pictures of my house, school, or other places I go often |
|---|--|

Family signatures:



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If I Feel Unsafe

If I see or hear something that makes me feel unsafe or uncomfortable, I will:

- ☐ stop and step away
- ☐ take a screenshot if needed
- ☐ tell a trusted adult (name: _____)
- ☐ block and/or report it with an adult's help

Caregiver Responsibilities

The caregivers & trusted adults in our home will do the following to help keep kids safe:

- ☐ use a monitoring app ([Bark](#), [Qustodio](#), [Google Family Link](#))
- ☐ set passwords for kids' accounts and keep login information
- ☐ weekly check-ins on messages or social media use
- ☐ set parental controls so kids can only download new apps with caregiver permission
- ☐ monitor privacy and location sharing settings on kids' accounts
- ☐ model healthy screen & social media use

List of Accounts

Add login information for your child's accounts on the following platforms, and include the date when you last reviewed their account & privacy settings. Make it a goal to review these settings every 3 months (or more often).

