



# The Super-Official Family Tech Agreement

Read it. Print it. Sign it. Post it. Maybe one day, everyone will learn to love it?

## Be yourself *and* stay safe

- I agree to refrain from posting inappropriate things that may result in some kind of privacy breach or prevent me from getting a job someday.
- I know that no reputable organization will contact me asking for things like passwords/credit card/address/phone numbers.
- I won't become an internet troll.
- I will keep it classy online. I'll stay positive in my interactions and stand up for anyone getting bullied.

## The endless suckiness of time sucks

- Being bored and finding entertainment is one thing, but I acknowledge that sometimes endless scrolling on social apps isn't healthy for my attention span and ever-evolving brain.
- I'm aware that things like TikTok, Instagram and YouTube are creepily learning about me and real-time tailoring an algorithm to keep me endlessly engaged so they can influence my thoughts and get me to buy stuff.
- I will remember to break free and do productive stuff too – i.e. homework, read a book, talk with the humans who love me . . .

## Oh the places you'll please never go

- I will be open about what I'm doing online, knowing that you, the adult, respect my need for privacy and also want to keep me safe.
- I am a curious person. But that doesn't mean I need to go places or continually visit sites that are sketchy or not age appropriate.
- I acknowledge that everyone I interact with was once just a cute little baby so I should recognize their humanity first and foremost.
- I know that misinformation is rampant online. Therefore I will not believe everything I read or watch.

## Talk to me!!!

- I agree this is just the beginning. This isn't a one-and-done conversation, and I can always come to you with thoughts and questions.
- I acknowledge that you're an imperfect, sometimes inconsistent, often grumpy adult dealing with all kinds of stuff, but you're trying as hard as you can to keep me safe.
- I don't expect you to have every answer all the time.
- Time for a hug?

KID(S)

PARENT(S)/CAREGIVER