Family agreement

A great way to start positive family conversations around safe and responsible internet use, and to agree clear expectations and boundaries.

Use the questions below to help guide your conversations, focusing on those most relevant for your family.

Turn over the page for a template where you can record your agreements and expectations in writing.

Things to consider

▶ Getting started

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

🕐 Managing time online

- How long do we spend on our devices?
- How does it feel when we use tech for too long?
- How do know when our screen use is interfering with family life?
- What can we do to help avoid overusing tech?

✈ Sharing

- What is or isn't okay to share online?
- What should we check before posting images and videos online?
- How do we keep personal information belonging to ourselves and others safe?
- Do we need a family email address to use when signing up to new accounts?
- Do we know how to use privacy settings and strong passwords, and why these are important?
- How can we use features like livestreaming and disappearing content safely?

🔍 Online content

- What can we do if we see something online which seems unreliable or untrustworthy?
- When is it okay to download files, games or apps, or click on a link?
- Do we know what the age requirements, or ratings, on the games and apps we use mean?
- Do we need any restrictions on making in-game or in-app purchases?
- Which websites are okay for us to use?

💬 Communicating online

- Who can we talk/chat/play games with online? Do we only know them online, or offline too?
- How can we keep ourselves safe when communicating with people who we only know online?
- How can we be a good friend when we are online?

⚠ 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, to meet up, or to share personal information?
- Do we know where the report and block buttons are online?

✅ To finish…

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

Once you've talked about your family's use of technology and the internet, think about what simple steps you can take going forward. We've given some examples for different ages below…

We agree to… (Under 11s)	Who is responsible for this?
I will use my tablet for ____ mins a day.	Hannah and Izzy
I will make sure the children's favourite games are bookmarked for them to get to easily.	Nan

We agree to… (Pre-teens)	Who is responsible for this?
I will tell mum and dad when I see something that worries me.	Tom, Ella and Yasmin
I will put parental controls in place but review it as the children grow up.	Mum

We agree to… (Teenagers)	Who is responsible for this?
I will make sure all my social networking sites are private.	Amar and Yusuf
I won't post photos of our children without their permission.	Dad