



Be in Touch

PRACTICAL DIGITAL PARENTING

The _____ Digital Family Alliance

(Family name goes here)

We are a family committed to healthy living – managing how much time we spend in the digital world is as important as our exercise, nutrition and sleep!

We want to make time to - eat / talk / laugh / hug / plan / have fun– together.

We want to help each other to manage and control our phones, tablets and gaming consoles – so that they don't manage and control us.

Our family alliance is more important than any other family's digital habits and our rules always come first wherever we go.

As parents we agree:

- To talk to our children about the positives and negatives of the digital world
- To explain to our children what worries us and why we put online restrictions in place
- To use passwords to check accounts and online activity in a way that won't embarrass our children
- To listen and help before anything else, when our children talk to us about an online problem
- Not to use our phones whilst driving
- To switch our phones off during meal times
- To put our phones and tablets to bed after _____ PM

Signed _____

Date _____



As children we agree:

- That until we have bought them ourselves, phones and tablets are *loaned to not owned by us*
- Always to reply as soon as possible to a call or text from our parents
- Not to create online accounts without our parents' permission
- Not to download any apps, games or programs on our devices without our parents' permission
- To share our passwords with our parents and with no-one else
- Never to give out online, our full names, date of birth, address, phone number or school
- To tell our parents when anyone makes us feel uncomfortable, scared or pressured online
- Never to meet up with an online friend without first asking our parents
- Not to hurt anyone online through words, photos, videos or screenshots
- To think about whether we would mind our parents seeing something we say or send before we post it online
- Never to post a picture or video of someone else without that person's permission
- To talk to our parents if we have made a mistake online
- To remember that not everything we see or hear online is true
- Not to use our phones or tablet in our bedrooms or in the bathroom
- To switch our phones off during meal times
- To put our phones and tablets to bed after _____ PM
- That we should have daily limits

Name: _____ Limit _____

Name: _____ Limit _____

Name: _____ Limit _____

Name: _____ Limit _____

Signed _____

Date _____