

# Technology Use Contract



## SETTING UP

- I will ask my parents' permission before joining any social media network.
- I will allow my parents to set my privacy and parental control settings on all of my accounts.
- I will give my parents my passwords to all of my social media networks and no one else.
- I will NOT give my passwords to anyone other than my parents.
- I will NOT change any of my passwords without my parents' permission.
- I will NOT set up any private or secret media accounts.

## SHARING

- I will not post or share: my full name, age, address, school, interests or other personal information without my parents' permission.
- I will not post or share photos of myself without my parents' permission.
- I will not post or share photos of my family or friends with out their permission.
- I will not share offensive or inappropriate images, language, video or other content.

## CONDUCT

- I will not meet anyone in person who I have met through social media.
- I will not engage in online bullying, including making unkind comments.
- I will let my parents know if I am the victim of online bullying.
- I will meet academic standards set by my parents or risk losing social media priveleges.
- I understand that posting certain types of photos or information on social media sites is punishable by law.
- I will put my phone away during family time.
- I will follow my parents' rules regarding time limits for online use.
- I will be off my social media by \_\_\_\_ p.m. during the week and \_\_\_\_ p.m. on the weekend.

## CONSEQUENCES

*I understand that I risk the following consequences for violating any or the above:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SIGNATURE

*I, \_\_\_\_\_, agree to the above conditions for using social media. I also understand that my parents are setting these conditions because they love me and wan t me to be safe.*

Child: \_\_\_\_\_

Date: \_\_\_\_\_



Child Advocacy Center

11949 Q Street  
402-595-1326  
info@projectharmony.com  
[projectharmony.com](http://projectharmony.com)