

Family Internet Agreement



NORFOLK
CONSTABULARY

Our Priority is You

Parent's agreement

1. I know that the Internet is an important resource for my children and that being familiar with it is a necessary skill. It can also be a wonderful place to visit, but I know that I must do my part to help keep my kids safe online.
2. I will get to know the services and websites my child uses.
3. I will set reasonable rules and guidelines for computer use by my children, including how much time they may spend online. I will encourage them to participate in offline activities as well. We will discuss these rules and post them near the computer as a reminder.
4. I will not overreact if my child tells me about something "bad" she finds or does on the Internet
5. If my child does something that I do not approve of online we will have a calm conversation about my expectations and the reasons for our internet rules. I understand that just taking away the Internet will not solve the problem.
6. I will try and get to know my child's online friends and contacts just as I get to know his or her offline friends.
7. I will put the home computer in a family area rather than in a private room (i.e. bedroom, office).
8. I will report suspicious and illegal activity and sites to the proper authorities and learn how to report abuse when necessary.
9. I will frequently check to see where my children have visited on the Internet and will talk to them if I see something I am concerned about or that I think is inappropriate.
10. I will talk to my children about their social networking profiles: what they can and cannot post, who they should allow as friends and how to behave appropriately in their online interactions.
11. I will learn about parental controls for filtering and blocking inappropriate Internet material from my children.
12. If my child continues to break our Internet rules after we have discussed them I will impose penalties for their actions including taking away his or her computer, tablet, mobile phone or other devices until their behaviour changes.

Parent:

I, _____ agree to the above.

_____ Date

Child:

I, _____ agree to the above.

_____ Date

Child's agreement

1. I will tell my parents my user-names and passwords, but always keep them private from everyone else
2. I will not share my personal information or my parent's or family's information with anyone online. This includes: name, address, telephone number, age or school name. I will not post this information to my profiles even if I think only my friends will see it.
3. I will treat others the way I want to be treated online. I will be respectful and never pick fights or post mean or threatening words.
4. I will tell my parents about people I meet online, even if they don't ask. I won't answer emails, IM's, messages or friend requests from people I don't know and my parents haven't approved.
5. If I see or read things that I think are bad, inappropriate or mean I will show my parents right away.
6. I will tell my parents if I receive pictures or links that I didn't ask for, or that contain inappropriate content, bad language or anything I think might not be right.
7. I will not do anything a person online asks to me to unless my parents say it's ok, especially things I know they wouldn't approve of.
8. I will not call, write to, or meet someone in person who I've met online unless my parents say it is OK and come along with me.
9. I will talk with my parents or guardians about our rules for going online, including how long I can be online, what sites I can visit, and who I can communicate with online.
10. I will help my parents learn more about the Internet and understand what I do and where I go online.
11. I know that sometimes my parents will supervise where I go online or use software to restrict some websites but I understand that they are doing this because they want to protect me online.
12. I know that if I break this contract or the Internet rules that my parents and I have discussed they can take away my access to the Internet, including my computer, tablet, mobile phone or other devices until my behaviour changes.

Child:

I, _____ agree to the above.

_____ Date

Parent:

I, _____ agree to the above.

_____ Date

This has been produced by Norfolk Constabulary, in partnership
with the Family Online Safety Institute (FOSI).

Please note this document serves as guidance only and has no
legal basis. Norfolk Constabulary will not be responsible for any
enforcement as a result of any breach of this agreement.



Family
Online Safety
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