

# Parenting in a Digital World: Parent Session

## POSSIBLE TIPS/RECOMMENDATIONS FOR TEEN SMART PHONE/TABLET USE:

Model appropriate smart phone/social media use as an adult.  
Cell phones are a privilege not a right.  
Consider parent/child smart phone/social media contracts.  
Limit Phone Data or include WiFi access only  
Set parental controls on phones/tablets  
Require students to share passwords with parents  
Research Apps yourself before allowing child to download them  
Set aside certain times of the day as “electronic free” time  
Have an electronic turn in routine at bedtime  
Set “tech free zones” (i.e. bedroom or bathroom)  
Make it known that you will regularly peruse your child’s device and monitor their use



## PARENTAL CONTROLS

**iPhone/iPad** - <https://www.imore.com/restrictions>

**ANDROID:** <http://www.techadvisor.co.uk/how-to/google-android/how-use-android-parental-controls-3461359/>

## WEBSITE HELP CENTERS:

**SNAPCHAT:** <http://support.snapchat.com>

Understand how to use the app and what to do if your child is using it inappropriately

**INSTAGRAM:** [help.instagram.com](http://help.instagram.com)

Learn about the basics of this popular app and get tips for parents.

**TWITTER:** [support.twitter.com](http://support.twitter.com)

Find out how to use Twitter and protect your child’s privacy.

**FACEBOOK:** [www.facebook.com/help](http://www.facebook.com/help)

Learn how to manage your child’s account and report problems.

## SAMPLE SMARTPHONE/SOCIAL MEDIA CONTRACTS:

- <https://www.teensafe.com/wp-content/uploads/2017/03/170216-Smartphone-Contract-1.pdf>
- <http://www.imom.com/wp-content/uploads/2014/06/imom-social-media-contract-for-kids-color.pdf>
- <http://www.imom.com/printable/cell-phone-contract/#.WfdvUt97rc>
- <http://joshshipp.com/wp-content/uploads/2016/09/teenage-cell-phone-agreement.pdf>



### Social Media Contract for Kids

#### Setting Up

- I will ask my parents' permission before joining any social media site.
- I will allow my parents to set my privacy settings and parental control settings on all of my accounts.
- I will give my parents my passwords for all of my social media accounts.
- 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 social media accounts.

#### Sharing

- I will NOT post or share: my 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 my friends without their permission.
- I will NOT post or 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 leaving unkind comments on others' posts or photos.
- I will let my parents know if I am the victim of online bullying.
- I will meet academic standards set by my parents.
- I will follow my parents' rules regarding time limits for online use.
- I understand that the posting of certain types of photos and information on social media sites is punishable by law.

#### Consequences

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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 want to keep me safe.

Signature / Date: \_\_\_\_\_

## CELL PHONE CONTRACT

### 1 ► USAGE

- I will plug my cell phone in my parent's room by \_\_\_\_\_ p.m. on school nights and \_\_\_\_\_ p.m. on the weekend.
- I will always have my cell phone turned on when I'm out with friends.
- I will always answer call or texts from my parents.

### ► ETIQUETTE

- I will not use my cell phone during family mealtimes or family time.
- I will not text or use my cell phone when I am doing homework or while in school.
- I will not text or talk on my cell phone while I am driving.
- I will not look at my cell phone when talking to someone in person.
- If I am asked to stop using my cell phone, I will happily do so.

### ► HONOR CODE

- I will never message or talk to someone and then delete or hide it from my parents.
- I will never open or view pages that are not permissible, such as: \_\_\_\_\_
- I will never share personal information such as name, address, phone number, school, etc.
- I will never send, forward or respond to mean or threatening messages.
- I will never buy or download anything without my parents' permission.
- I will never give my passwords to anyone but my parents; they will have access to all of my passwords.
- I will never join social media networks without permission.
- I will tell my parents immediately if something on my phone is inappropriate.
- I will give my parents access to my phone whenever.

### 2 ► CONSEQUENCES

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

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

### 3 ► SIGNATURES

I understand that a cell phone is a privilege that I must earn by being responsible and trustworthy. I will follow this contract at all times.

Child: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent: \_\_\_\_\_ Date: \_\_\_\_\_