

Online Safety Agreement Children



Keeping young people safe online can feel like a daunting task as technology is moving at such a fast pace. A fantastic way to keep young people safe online is to work together - have a conversation and put an agreement in place. Remember, we can manage risk online but we cannot control everything online. It's also important children have a say in the rules and consequences when building the agreement.

Things to consider

- Be positive about using the internet and don't forget to focus on positive online behaviour as well
- The agreement should be reviewed regularly, and be flexible
- The agreement will only work if everyone buys into it, including parents and professionals
- When setting boundaries try and remember to be clear, firm and consistent.

Who is the agreement for?

How are we going to stay safe online?

What are the consequences of not sticking to the agreement?



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This agreement will be reviewed on:

Date agreed:

Signed by:

Notes and Ideas

How long are we
going to spend
online?

Remember ...

Supporting, setting up and implementing the 4 D's at home is vital for children:

- **Digital free zones** – keep technology out of bedrooms if you can, preferably limiting it to a family room, and identify early on where technology is **not** allowed in the home
- **Digital role models** – parents and carers should lead by example when online and with digital usage
- **Digital sunset** – ideally young people need to come away from technology 1 hour before they go to sleep. What time do you think is appropriate for your children to come away from technology to get a good sleep?
- **Digital detox** – as a family try a gadget free day or hour. Try having no technology after 6pm, having a break before breakfast or making dinner time a digital time out.



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