

# INTERNET SAFETY RULES

## Teens Contract Sample

1. I will be respectful to myself and others. I won't bully and won't tolerate bullying by others.
2. I will be a good digital citizen, online friend and be supportive of my friends and others who might be in trouble or in need of help.
3. I won't post or send pictures or other content that will embarrass me, get me into trouble or jeopardize my privacy or security.
4. I will respect other people's privacy and be courteous when posting photos or other content about them.
5. I'll be conscious of how much time I spend on the web, phone and other devices and won't let my use interfere with sleep, school work and face-to-face relationships.
6. If they need my help, I will assist my parents with use of technology.
7. I will respect other people's digital property and space. I won't steal, hack, break into anyone else's accounts or use other's content without permission.
8. I will protect my passwords and practice good Net security.
9. I will be thoughtful in my use of copy, paste and forwarding. If I use anyone else's content or images I will quote them, give them credit and link to them if appropriate.
10. I will help create a culture of respect and tolerance among my peers and at my school.

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Child Signature

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Parent Signature