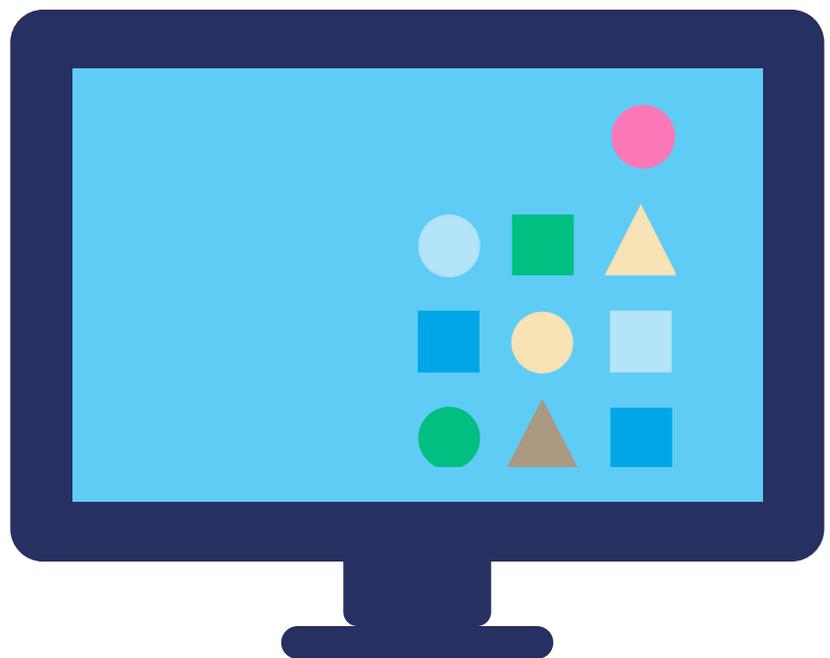


Family Internet Safety Plan

In our family we believe the internet can be a great tool for learning, playing, and connecting. We also know that like any tool, the online world can be used in helpful ways - and in harmful ways. And so, we believe it's important to set clear expectations for how we use the apps, games, and social media we love. [We want to be a safe family together - at home and online.](#)

Join the fight against
child abuse today.

penncac.org



FAMILY INTERNET SAFETY PLAN

For Kids & Teens

1. I will never give my personal information or share photos of myself with anyone unless I have my parent/caregiver's permission.
2. I will respect other people's privacy in pictures and videos that I share. I will only share pictures and videos in which everyone is appropriately dressed and will avoid sharing any images that could embarrass me or others.
3. I will treat others respectfully and kindly in what I post, what I text and how I interact socially.
4. I will tell my parent/caregiver immediately if I see anything online that is threatening, scary, or something I know I'm not supposed to see.
5. I will never tell anyone my passwords (even best friends) except for my parent/caregiver's permission.
6. I understand that people online are not always who they say they are. Many adults are online pretending to be kids. I will always tell my parent/caregiver about people I meet online.
7. I will never call or meet anyone in person that I've met online unless a parent/caregiver approves and agrees to go with me.
8. I will teach my parent/caregiver about the internet, and show them my online activity when they ask.

For Parents & Caregivers

1. I will talk with my child/teen and set reasonable expectations about their device use and online activity. I agree to help my child/teen follow these rules, and I agree to allow reasonable use of the internet as long as these rules and other family rules are followed.
2. I will take whatever action is appropriate if I feel my child has misused their phone or broken a family rule, but I will be thoughtful about such actions and not overreact.
3. I will learn about the apps, games, and social media that my child/teen uses and make an effort to use them myself. If I don't know how to use them, I will ask my child/teen to show me how.
4. I will listen if my child tells me about a problem they are having on the internet, and try not to overreact. Instead, we'll work together to try to solve the problem and prevent it from happening again.
5. I will try to get to know my child's online friends just as I try to get to know their in-person friends.

SIGNED KID/TEEN

SIGNED PARENT/CAREGIVER