

I'M EXCITED FOR THE DIGITAL OPPORTUNITIES OFFERED ON THIS

LAPTOP

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits

You are allowed to use your laptop _____ hours per day for non-school-related activities or communicating with family and friends.

Safety settings

We need to talk as a family and set some rules for access, content, and privacy. I want to start with: _____

Be respectful

You agree to text, type, comment, or chat with kindness.

When & where

You are not allowed to use your laptop at these times, places, or in these situations:

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your laptop that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you do on your laptop so we can talk about them. I promise to try out new things with technology so we can spend time online together.

Be responsible

I know it's important that I set a good example when using my own devices. So, I promise to learn more about my laptop's safety and privacy features, and to take screen-free time with you.

Child signs here

Parent signs here

For more information:
fosi.org/parenting