



A parent's guide to **online safety** and **responsible** **technology use** for the family



What do parents need to know about online safety basics?

1 Be engaged, open and supportive

Share online time with your children as part of family life.

Ask about their online experiences.

Reassure your child they can always come to you, no matter what.

If you notice a change in behavior or mood, **talk** to your child about it.



What do parents need to know about online safety basics?

2 Set some rules



Set **age-appropriate rules** for device use and online access, with consequences for breaking rules.

Get your **child's input** — this will help them understand online risks.

Create a **family technology-use agreement**.

Make some “**online rules for parents**” to model the behavior and stick to them!

What do parents need to know about online safety basics?

3 Use technology and get information

Get to know the devices you and your children use and set them up for privacy and online safety.

Choose apps and games carefully and visit the app store for age ratings and consumer advice.



What is a technology use agreement?

OTHER TERMS

technology contract¹ | family tech agreement² |
digital family agreement³ | family media agreement⁴

A term used to refer to a set of guidelines agreed on by members of a family on how to use devices/gadgets and consume digital media, which can include:



Acceptable usage **time** and **place**



Appropriate **content** to access



Rules about **sharing information**



Consequences when rules are not followed

Start tech agreements early, update as needed, teach responsibility, and model good behavior.

¹ <https://www.centerforonlinesafety.com/blog/technology-contracts>

² <https://www.esafety.gov.au/parents/resources/family-tech-agreement>

³ <https://www.internetmatters.org/resources/digital-family-agreement-template/>

⁴ https://www.common sense media.org/sites/default/files/research/report/common_sense_family_media_agreement.pdf

What to include in a technology use agreement?

1 Family Tech Agreement for children 8 years old and below

by the eSafety Commissioner of the Government of Australia
in collaboration with ABC KIDS

The screenshot shows a form titled "Our Family Tech Agreement" from eSafety Early Years. It includes a date field and instructions for parents to tick boxes for each rule. The rules are:

- Rule 1:** I will ask before I use a device or play a new game online. (Illustrated with a girl holding a tablet, marked with a question mark icon.)
- Rule 2:** I will only use devices in shared spaces like the lounge room, family room or kitchen. (Illustrated with a girl sitting in a red armchair, marked with a lock icon.)
- Rule 3:** I will only talk to people I know when I chat, message, email or video call online. (Illustrated with a girl talking to a teddy bear, marked with a lock icon.)
- Rule 4:** I will take turns and use kind words when I play with technology. (Illustrated with two girls playing together, marked with a heart icon.)

At the bottom, there are logos for the Australian Government, eSafety Commissioner, and the URL esafety.gov.au/early-years.

a AGREEMENT WITH under 5s.

The template includes **pictures** to illustrate the rules. Each rule is meant to include all family members. This way, older family members have the opportunity to demonstrate proper behavior and respect for the agreed rules.

Scan the QR code to download the file (PDF, 98.7KB)



What to include in a technology use agreement?

1 Family Tech Agreement for children 8 years old and below

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**Creating a family tech agreement
for 5 to 8 year olds**

eSafetyparents

Parent instructions

It's important to build good online habits together as a family.

Parents and carers play a major role in helping children to develop digital intelligence – the social, emotional and practical skills needed to navigate the online world in a safe and fun way.

I am responsible - I protect my personal information.
Wanda the echidna

I show respect - I am kind and caring to others.
River the super glider

I trust my feelings - I ask for help when something doesn't feel right.
Dusty the milled neck lizard

I investigate - I question what I see, hear and do online.
Billie the bilby

Use Wanda, River, Dusty and Billie's online safety tips to help you create a family tech agreement for your home.

Follow the steps below and develop your own rules for using devices like smartphones, tablets, computers, TVs and gaming consoles.

You can stick the rules on the attached poster to create your family agreement. Keep it in a place where everyone can see it, like on the fridge.

eSafety Commissioner | esafety.gov.au

b AGREEMENT WITH 5-8-year-olds.

The template includes **tips** for parents on how to start a conversation with their children about responsible and respectful behavior online.

- 1 eSafetyparents | esafety.gov.au
- 2 eSafetyparents | esafety.gov.au
- 3 eSafetyparents | esafety.gov.au
- 4 eSafetyparents | esafety.gov.au

Scan the QR code to download the file (PDF, 1.07MB)



What to include in a technology use agreement?

2 Family Online Safety Agreement for Teens

developed by the Family Online Safety Institute



The form is titled "Family Online Safety Agreement" and is specifically for "Ages 13 and Under". It is developed by the Family Online Safety Institute, which is associated with "GOOD DIGITAL PARENTING". The form includes an introductory paragraph about online safety as a partnership. It lists 12 guidelines for safe and responsible online behavior, such as "Share with me/us what you're doing online", "Always be kind, polite, and respectful to others online", and "Be a responsible digital user and respect these guidelines for what I am allowed to do online". There are sections for "What other rules are best for our family?", "I agree to these rules.", and signature lines for both the child and the parent/guardian. A QR code is provided for more information at fosi.org/parenting.

a AGREEMENT WITH 13-year-olds and under.

As many social media platforms begin accepting users at the age of 13, parents need to establish clear guidelines to ensure their safety when interacting online.

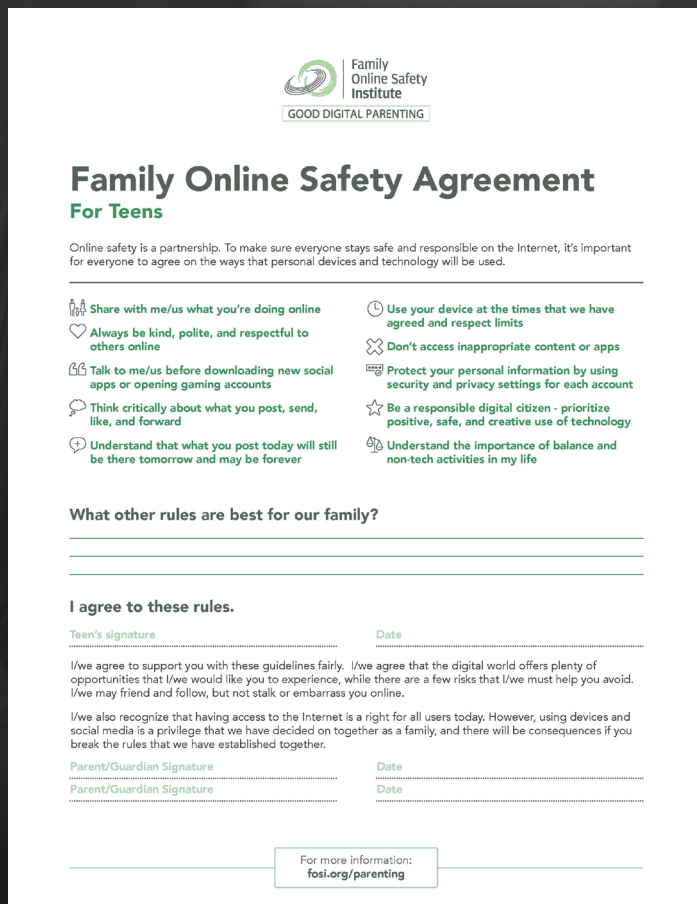
Scan the QR code to download the file (PDF, 132 KB)



What to include in a technology use agreement?

2 Family Online Safety Agreement for Teens

developed by the Family Online Safety Institute



The form is titled "Family Online Safety Agreement For Teens" and is developed by the Family Online Safety Institute. It includes a list of ten guidelines for teens, a section for additional family rules, and signature lines for both the teen and the parent/guardian. A QR code is provided for more information.

Family Online Safety Institute
GOOD DIGITAL PARENTING

Family Online Safety Agreement For Teens

Online safety is a partnership. To make sure everyone stays safe and responsible on the Internet, it's important for everyone to agree on the ways that personal devices and technology will be used.

- 👤 Share with me/us what you're doing online
- 📱 Use your device at the times that we have agreed and respect limits
- 📄 Always be kind, polite, and respectful to others online
- 🚫 Don't access inappropriate content or apps
- 📲 Talk to me/us before downloading new social apps or opening gaming accounts
- 🔒 Protect your personal information by using security and privacy settings for each account
- 💬 Think critically about what you post, send, like, and forward
- ⭐ Be a responsible digital citizen - prioritize positive, safe, and creative use of technology
- 🕒 Understand that what you post today will still be there tomorrow and may be forever
- ⚖️ Understand the importance of balance and non-tech activities in my life

What other rules are best for our family?

I agree to these rules.

Teen's signature _____ Date _____

I/we agree to support you with these guidelines fairly. I/we agree that the digital world offers plenty of opportunities that I/we would like you to experience, while there are a few risks that I/we must help you avoid. I/we may friend and follow, but not stalk or embarrass you online.

I/we also recognize that having access to the Internet is a right for all users today. However, using devices and social media is a privilege that we have decided on together as a family, and there will be consequences if you break the rules that we have established together.

Parent/Guardian Signature _____ Date _____
Parent/Guardian Signature _____ Date _____

For more information:
fosi.org/parenting

b AGREEMENT WITH Teens

This online safety agreement template intends to help teens know their limits, practice good digital citizenship, and encourage open communication with their parents.

Scan the QR code to download the file (PDF, 123KB)



References

- 1** Center for Online Safety. (n.d.). *Introducing Technology Contracts to Your Family*. <https://www.centerforonlinesafety.com/blog/technology-contracts>
- 2** Panda Media Center. (2019, September 03). *4 Family Media Agreement Printables for your Electronics*. <https://www.pandasecurity.com/en/mediacenter/family-media-agreement-printables/>
- 3** ESafety Commissioner. <https://www.esafety.gov.au/parents/skills-and-advice/family-tech-agreement>
- 4** Internet Matters. (n.d.). *Digital Family Agreement [PDF]*. <https://www.internetmatters.org/resources/digital-family-agreement-template/>
- 5** Common Sense Media. (n.d.). *Family Media Agreement [PDF]*. https://www.commonsensemedia.org/sites/default/files/research/report/common_sense_family_media_agreement.pdf
- 6** Good Digital Parenting. (n.d.) *Family Online Safety Agreement for Ages 13 and under*. Family Online Safety Institute. <https://www.fosi.org/good-digital-parenting-tool/family-online-safety-agreement-ages-13-and-under>
- 7** Good Digital Parenting. (n.d.). *Family Online Safety Agreement for Teens*. Family Online Safety Institute. <https://www.fosi.org/good-digital-parenting-tool/family-online-safety-agreement-for-teens>
- 8** Designed by Freepik. *Vector Illustrations 1-4*. Downloaded on November 21, 2024. <https://www.freepik.com>

Image Source: