



# Online Safety Agreement Children



This agreement will be reviewed on:

Date agreed:

Signed by:

Notes and Ideas

Great question to ask young people: Can you think what might be realistic for you in terms of changing your relationship with gaming or social media?

## Remember ...

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

- **Digital free zones** – keep technology out of bedrooms if you can – try limiting it to a family room, but definitely 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 teenager 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 a given time, having free zone before breakfast or making dinner time a digital time out.



SURREY