Online Safety Agreement Teenagers



Safeguarding teenagers online can be a real challenge as you want them to use the internet, gaming and social media, but safely. A fantastic way to keep young people safe online is to work together - have a conversation and put an agreement in place. Young people are going to push boundaries, so **don't get mad get curious** ... we were all young once and it's not easy growing up in this digital world. We can manage risk online but don't forget we cannot control everything online. It's vital young people have a big say in the rules and consequences when building this agreement.

Things to consider

- Be positive about using the internet and don't forget to focus on positive online behaviour as well
- The agreement should be reviewed regularly, and be flexible, particularly for teenagers
- The agreement will only work if everyone buys into it, including parents and professionals
- When setting boundaries try and remember to be clear, firm and consistent.

Who is the agreement for?

How are we going to stay safe online?

What are the consequences of breaking the agreement?



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.

