



Our Social Media Agreement

We want to use social media responsibly. We want to use social media in a way that grows our connections to others and doesn't harm our mental health. So we promise to talk often about how social media makes us feel. We will use this plan to help us start the conversation and update it regularly.

Why We Use Social Media

As a family, we've decided to use social media because:

We want to follow and be inspired by people/ organizations including:

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____

To Keep Us All Safe

- Not share information like my birthdate, address, phone number or name of my school online. I won't share my location with others and will turn off the location feature in apps.
- Not take or share photos of inappropriate areas of my body with others.
- Keep in mind that people may not be who they seem to be online. I will let my family know if I'm concerned about something that happens online.
- Share my usernames on the apps I use with my family members.
- Look at apps with my parents if they have concerns.

How We Will Use Social Media

We agree to:

- Treat others kindly and respectfully. We won't say anything to someone online that we wouldn't say to them offline.
- Avoid posting content that may bully or hurt others.
- Let each other know if we feel hurt or bullied online.

Agreed Upon Apps

As a family, we've discussed and agreed that the following apps are OK for me to use:

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____

I will:

- Help set up accounts and show my family how to use the app.
- Talk through the risks and benefits of the apps with my family. I will help research security features.
- Discuss what kinds of content I want to share on the app. If I want to share more than was discussed, I'll bring it up.

(Continued on back)

When We Will Use Social Media

We will limit our social media usage from _____ to _____ on _____.

We agree to put screens away (circle all that apply):

- 1. When eating together
- 2. During family time
- 3. In our bedrooms
- 4. _____
- 5. _____

We plan to put our phones away (circle all that apply):

- 1. During mealtimes together
- 2. In the bedroom
- 3. In the evening hours we spend together
- 4. _____
- 5. _____

We will NOT share on social media:

Consequences

I understand that there will be consequences if I don't follow this plan. We have discussed the consequences and come up with the following ideas:

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-
-

Review Date

We know that things change, and we may need to make updates or changes. We plan to check-in on our plan again on _____.

This agreement is entered into by:

(Name)

(Signature)

(Name)

(Signature)

(Name)

(Signature)

(Name)

(Signature)

(Name)

(Signature)

Date Signed: _____

