



Finding Safety, Trust And Balance In A Digital World

Resource Package for Families

“whatever is true, whatever is noble, whatever is right,
whatever is pure, whatever is lovely, whatever is
admirable—if anything is excellent or
praiseworthy—think about such things.”

Philippians 4:8

Family Technology Agreement:

I Will Stay Safe

- I will **not give out my private information** like my full name, birthday, phone number or address without my parents' permission
- I will keep privacy settings up to date and always have **location services off in all apps** (including camera) and games
- I will not break mine or someone else's privacy online (with picture or words)
- I will **never chat online with a person I do not know in real life** (in a text, game, social media, website). I will only talk with those online that I have permission from my parents to. I understand **posting live video of myself or others has significant risk**. My family's policy on posting live is _____
- If I feel uncomfortable with what I have seen or read, or with a person approaching me online I **will tell my parents or a trusted adult**.
- I will not take a device in the washroom and devices are not allowed in my bedroom at night. Our families devices charge _____ (where) overnight.

I Will Think First

- I will communicate kindly when online or on my cell phone. I will not bully, embarrass or tease others. I understand that I **should be the same person online as I am offline**.
- I understand that the **internet is public and permanent**. Everything is traceable
- I will only use websites, apps, videos, games and music that my parents have approved
- Spot checks** on games, devices and computers will be regular and expected

I Will Stay Balanced

- I agree to our family's screen/device free times are meal times, social gatherings, one hour before bed, during homework, and family time (during conversations, meals, walks, short drives...) and _____
- I agree to our family's **screen/device free zones are washrooms and bedrooms**.

- Device curfew** contributes to healthy sleep. Our devices will go to the charge station at the time my parents decide is best for each of us (write each person's name and time here)

- During recreational screen time we will limit use of fast paced shows, apps and games as they affect our concentration. We will choose more apps, videos and games that use creativity, are educational, and promote healthy interactions, and co-play or watch with parents
- We will not exceed _____ mins/hours of screen time each day. We will use our free time to play, read, enjoy hobbies, and be active, be with friends and family, be outdoors, or _____
- By having good manners around screens and devices:
 - ▶ Not bringing my device to the table
 - ▶ I will look at the person who is talking to me or I am talking to, not down at device
 - ▶ If it is truly urgent, always say excuse me before continuing with device
 - ▶ I will put down the device the first time my parent asks me to. If I don't respond with a second ask my privileges will be suspended for one day

Finally, I understand that **if I do not follow this agreement my privileges may be removed** as my parents decide. We will review this regularly and amend it as needed for our family.

Name	Date	Name	Date
Name	Date	Name	Date

Family Cell Phone Contract

When your parent bought your cell phone, they had to sign a contract agreeing to pay the bill every month. Now it's time for you to sign yours. A contract is simply an agreement between two parties that outlines everyone's expectations. This is for two reasons:

Accountability: Everyone needs people in their lives to help them achieve a bar of excellence and maintain healthy boundaries.

Reliability: This is an opportunity to build digital trust and safety within the family.

- ▶ Initial each statement and fill in the blanks where necessary. Both sign at the bottom.
- ▶ I agree that having a cell phone is a privilege I earn and not a human right. This privilege can be lost or expanded depending on my actions.
- ▶ I agree that I will not use my cell phone during dinner, family time or when not allowed at school. I will charge my phone outside of my room at night.
- ▶ I agree that I will not make calls or send texts after _____ PM on school nights & _____ PM on weekends unless it is to my parents.
- ▶ I agree that when I am out with my friends I will **ALWAYS** have my phone on so my parents can reach me and know where I am.
- ▶ I agree to be responsible for \$ _____ of the cell phone bill each month. I may be responsible to pay for any excess text or data over the monthly limit.
- ▶ I agree to get my parent's approval for any apps, music, or games downloaded to my phone. I acknowledge that there are safety concerns with web browsing, texting, group texting, youtube and social media and my parents have decided that these are my privileges: _____
- ▶ I agree to turn location services off on all apps (and for camera) and keep privacy settings up to date.
- ▶ Since my parents are ultimately responsible for my phone contract, I agree that they have the right to spot check my texts, contacts, and browsing history at any time.
- ▶ I agree to digital integrity: to treat myself and others the same online as I would in real life.
- ▶ I agree to **NEVER** use my phone in a way that could be considered threatening, bullying, or sexually harassing to another person. I agree to **NEVER** send suggestive or nude photos. I understand that everything online is public and permanent.
- ▶ I agree to **ALWAYS** seek help from my parents when I encounter anything compromising online or in a text message (such as, threatening, sexting or pornography) and my parents agree to calmly problem solve the issue with me.
- ▶ I definitely agree that if I live up to my responsibilities with my phone I would like my freedom and trust with my parents to increase. I would appreciate to have continued conversations with my parents about my digital boundaries.



My signature

Date

Parent signature

Date

Family iPod/Tablet Device Agreement

Having a tablet (ipod, ipad or other tablet) is both a privilege and a responsibility. This contract is to ensure that we all agree on how it will and will not be used.

Initial each condition, then sign name at the bottom. Parent must sign as well.

- All apps and songs must be approved by Mom or Dad.
- Any additional content (songs, apps, movies, etc.) must be paid by you at time of download.
- No use of device after _____ PM on weekdays, _____ PM on weekends unless pre-approved by a parent.
- Devices are not allowed at the meal table or during family time.
- To increase my safety, my device is not permitted in washrooms or bedrooms.
- I acknowledge that there are safety concerns with web browsing, texting, group texting, youtube and social media and my parents have decided that these are my privileges:
- _____
When out with friends you will always respond to texts from Mom or Dad by either your device or cell phone.
- My device will always be given willingly to Mom or Dad for spot checks to examine content.
- I agree to turn location services off on all apps (including camera) and keep privacy settings up to date.
- I understand that everything online is public and permanent.
- I agree to ALWAYS seek help from my parents when I encounter anything that feels unsafe or breaks my privacy or the privacy of others. My parents agree to calmly problem solve the issue with me.
- I agree to be the same person online as I am in real life.
- Any inappropriate content will result in loss of privileges for a time to be determined.
- If asked to turn off/put down device more than twice, usage privileges will be suspended for one day.
- As I prove trustworthy with my device, continued conversations about digital boundaries will occur.

My signature

Parent signature

Date

Adapted from: <http://360family.org/wp-content/uploads/iPod-Contract.pdf>



Let's Talk...

A Pornography Conversation Guide By Age

Experts in child sexual abuse prevention and pornography addiction recovery, advise parents to begin educating their kids about online dangers as soon as they have any access to the internet. This applies to mobile devices owned by trusted family and friends.

Attached is a conversation guide modified from the book, **Good Pictures, Bad Pictures, Jr.** by Kristen A. Jensen. Although not necessary, to get the most out of this conversation guide, we highly recommend purchasing the book.

While pornography teaches unhealthy sexuality, we need to continuously teach healthy sexuality in age appropriate ways.

Let's Talk About Pornography.....(ages 4-8)

1. Begin the conversation talking about what are good pictures (such as pictures on your walls, pictures in a storybook, or pictures of places you've visited).
2. Then, talk about, while there are many good pictures around you, there are also bad pictures that are bad for you and are dangerous for your brain.
3. What is a bad picture? Bad pictures show the private parts of the body, which are the parts we cover with a swimsuit. While every part of your body is good, we do not take pictures of our private parts. When people show pictures of private parts, they aren't private anymore. Keep private parts private.
4. Then, calmly ask your child: Have you seen a picture, cartoon or video of people with no clothes on or showing their private parts?
5. Teach your child this exit plan: If you ever see a bad picture, video or cartoon, here are three steps to stay safe.

Turn: Turn away from the bad picture.

Run: Run to find your parents or a trusted adult.

Tell: Tell them that you just saw a bad picture. Never keep bad pictures a secret from your parents.

Let's Talk About Pornography.....(ages 8+)

1. To begin the conversation, refer to steps 1-2 in the ages 4-8 guide.
2. What is a bad picture? Bad pictures are called pornography or porn. They are pictures of the parts of our body we keep private -- the parts we cover with a swimsuit. Every part of our body is good, including our private parts, but taking pictures of them and showing them to others is breaking privacy.
3. Sometimes kids see pornography accidentally on computers, phones or tablets. Sometimes kids are shown pornography by another person, even by a friend or a family member.
4. Then, calmly ask your child if they have seen pornography before. Assure them that they will not be in trouble for telling you, but that you are here to protect them.
5. Sometimes kids are curious about pornography and pornography can act like a magnet, pulling you to see more.
6. Pornography can hurt your brain because it lies to your brain about how we should treat one another. Pornography can also hurt your brain because it can become a bad habit or even an addiction.
7. Teach your child this exit plan: If you ever come across pornography, remember these steps:

CAN DO

Close my eyes

Always tell a parent or trusted adult

Name it when I see it! "That's pornography" - This helps my thinking brain to know what it is and to reject it.

Distract myself with something different

Order your thinking brain to be the boss (the part of your brain that helps you problem solve and make good decisions)

Let's Talk...

A Pornography Conversation Guide By Age

Phones and devices appeal to tweens and teens as a way to gain social validation and acceptance and as a way to experiment with their identity. Consequently, teens are particularly vulnerable to individuals seeking to take advantage of them using sextortion (being coerced to send sexual images or videos and then blackmailed for it), sexting, and cyberbullying. Talk about the following things with your teens and remember to keep this conversation open and frequent:

Let's Talk About Pornography and Sexting.....(Tweens/Teens)

(Adapted from 'Parenting Tweens and Teens in the Digital World' by the Canadian Center for Child Protection)

- 1. Have regular discussions with your tween/teen about online activities:** privacy controls, who their "friends" are, what information is safe/not safe to share, the public nature of the internet, and encourage them to seek support from you if they feel uncomfortable about something online.
- 2. Encourage your teen with the message that they are "fearfully and wonderfully made" and are worthy of respect.** Have regular discussions with your tween/teen that healthy relationships involve mutual caring and respect. In unhealthy relationships, the following behaviours might be present: persistently asking for or using guilt to share sexual images, using embarrassment, or sharing personal information too quickly.
- 3. Discuss the importance of adults demonstrating healthy boundaries with tweens/teens:** if an adult develops a friendship with them for the purpose of sexual attention, or if they feel uncomfortable about an interaction with an adult (including manipulation using flattery, pity, persistence, threats, deception, offering money or bribes, or sharing sexual material), encourage your teen to seek help.
- 4. Discuss direct and indirect ways of getting out of uncomfortable situations and develop an "exit plan" together:**
 - a. Tell it like it is: just say NO
 - b. Make a joke: humour may change the topic
 - c. Make up an excuse to get out of the situation
 - d. Ignore: not all messages have to be responded to right away
 - e. Stand your ground: be firm and repeat your answer if someone is not listening
 - f. Block the contact
 - g. Report - Use the site's or app's reporting mechanism to report inappropriate behaviour.
- 5. Regularly discuss the importance of seeking an adult's help in situations that feel uncomfortable.**



Resource List for Parents

Websites

Commonsensemedia.org or pluggedin.com
Cybersafetylady.com.au
Techsavvyparenting.com
mediasmarts/files/guides/digital-citizenship-guide.pdf
Fightthenewdrug.org
Protectyoungminds.org
beinternetawesome.withgoogle.com
thecybersafetylady.com.au

Help

NeedHelpNow.ca
Cybertip.ca
Family and Community Services
(www.strathcona.ca/fcs)
School or private counselor (psychologist referral service: https://www.psychologistsassociation.ab.ca/site/paa_referral_service)

Filtering and monitoring

Disney Circle/Disney Go (is hardware that filters your WiFi, customize access for each child/device, add Disney Go app to monitor outside of your home as well)

KidsWiFi (hardware that filters your WiFi and automatically blocks many pornography sites)

Bark (app used to monitor and flag kids online activities)

Use the apps your kids use and follow them (avoid commenting)