

## Sample Family Social Media Agreement

**Purpose:** This Social Media Agreement will help your family set clear expectations about technology use, discuss how to keep online information safe and secure, and create a healthy balance between media/technology use and non-screen-related activities. These questions are designed to foster a positive, open discussion to determine what works best for your family.

### General Use Guidelines

What general expectations will your family set around phone and technology use?

*Examples:*

- Put phones away during family meals.
- Respond within 1 hour if a parent/guardian calls or texts.

### Self-Regulation

How can your family create guidelines to encourage self-awareness about technology use?

*Examples:*

- Emphasize that late-night screen use negatively affects sleep quality. Make a habit of turning off all devices at least an hour before going to bed.
- Avoid saying anything in a text, email, social media interaction, or phone call that you would not say in person.

### Safety

What habits, rules, or tools will help your family navigate the internet safely and securely?

*Examples:*

- Use location-sharing features so that family members can easily find each other.
- When creating social media accounts, always choose strict privacy settings.