



# Family agreement on internet and mobile phone use

As a family, you all want to be safe, responsible users of digital technology. Discuss together the things you do and the time you spend online, and agree on **7 things** you should or shouldn't do. When you have completed and signed your agreement, post it on your refrigerator or in another spot where you will see it often.

**Don't forget** to review the rules from time to time, so no one forgets! Be sure to show them to grandparents, baby sitters and other people who spend time with your children.

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We agree to follow the 7 family rules, signed on \_\_\_\_\_ (Date)

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_

