

Internet Safety and Cell Phone Pledge Examples

EXAMPLE 1: Internet Safety Pledge

(Adapted from: Child Safety on the Information Highway by Lawrence J. Magid © 1998 National Center for Missing and Exploited Children)

1. I will never give out personal information, such as my last name, address, telephone number or the name and location of my school without my parents' or teacher's permission.
2. I will tell my parents or teacher right away if I come across any information that scares me or makes me feel uncomfortable.
3. I will click the "back" button if I find myself at a site where I know I don't belong.
4. I will never agree to get together with someone I "meet" online (over e-mail or chat) without first checking with my parents.
5. I will never send a person my picture or anything else without first checking with my parents or teacher.
6. I will not respond to any messages that are strange, mean or in any way make me feel uncomfortable. If I get a message like that I will tell my parents or teacher right away.
7. I will not give out my internet or email passwords to anyone (even my best friends) other than my parents.
8. I will be a responsible online citizen and not do anything that hurts other people's feelings or is against the law.
9. I will only use the internet when my parents or teacher tell me it is okay.
10. I will only visit areas that are okay for kids.
11. I will not send or post any pictures of myself or of anyone else without their clothes on. If anyone sends me pictures of someone without clothes on I will tell my parent or teacher immediately.
12. I will save any message I receive that makes me feel unsafe or uncomfortable and show my parent or teacher immediately.

Child's Signature _____ Date _____

Adult's Signature _____ Date _____

EXAMPLE 2: Internet Safety Pledge

(Adapted from: Enough Is Enough www.enough.org www.internetsafety101.org)

I have spoken with my parent/guardian about the following and am aware that:

- Nothing is truly private, and there are “no take-backs” online and through my mobile device.
- Some people online may try to befriend me who want to harm me.
- It is not my fault if I see something bad accidentally.
- Private family matters should not be discussed online or via text. Instead, I should talk about them with a parent or other trusted adult.
- My parents may supervise my time online and may use a filtering and/or monitoring service. This is because they are concerned about my safety.
- Internet use and mobile access is a privilege, not a right.
- I will follow the guidelines of my family's Youth Pledge whenever I have access to the Internet, both in and out of my home or through my mobile device.

I agree to:

- Talk with my parents to learn the rules for using the internet, including where I can go, what I can do, when I can go online, and how long I can be online (minutes or hours).
- Always tell my parents immediately if I see or receive anything on the Internet, my phone or other mobile device that makes me feel uncomfortable or threatened, including e-mail messages, websites, images, chats, or even anything in the regular mail from Internet friends.
- Protect my personal information, such as my home address, telephone number, my parents' names, work addresses or telephone numbers, credit card numbers, or the name and location of my school or any club or team. I will talk to my parents before giving out this information. I will keep this rule when I am communicating via chat rooms, instant message (IM), e-mail, websites, online games, text messaging, or social networking sites, and when entering contests and registering for online clubs.
- Check with my parents before posting or sending pictures or videos of myself, other family members, or other people through the Internet, text or regular mail.
- Never give out my Internet passwords to anyone (even my best friends) other than my parents.
- Treat others online as I would have them treat me. I will never send threatening or mean messages, nor will I respond to any such messages that are sent to me.
- I will not do anything online that could hurt or anger others or do anything that is against the law.
- Never download, install, or copy any copyright information from the Internet without proper permission from the site and my parents.
- Never do anything on the Internet or on my cell phone or other mobile device that costs money without first asking permission from my parents.
- Only fill out any online forms or questionnaires with the permission of my parents.
- Never open or accept e-mails, enclosures, links, URLs, texts, videos or pictures or other information from people I do not know.
- Never tell anyone online where I will be or what I will be doing without permission from my parents.
- Never enter a chat room unless given prior permission from my parents.

- Avoid in-person meetings with anyone I met or befriended online or through my mobile device without parental permission and being accompanied by a parent.
- I know that not everyone I meet online is who they say they are, and I cannot detect a disguised predator or cyberbully.
- Follow my family's Internet safety guidelines when accessing the Internet through an Internet-enabled device, while at a friend's house, and also when at school.
- Only instant message (IM) people on my buddy list who have been previously approved by my parents.
- Log off or turn off my computer if I come across something bad online. I will then tell my parents what happened as soon as possible.
- Make my parents aware of all my internet login, chat names, gamertags, and social networking profile names listed below:

Child's Signature _____ **Date** _____

Adult's Signature _____ **Date** _____

EXAMPLE 3: Cell Phone Contract

(Adapted from: Janell Burley Hofmann, Author of iRules and Founder of The Slow Tech Movement & iRules Academy)

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?
2. I will always know the password.
3. If it rings, answer it. It is a phone. Don't ever ignore a call if the screen reads "Mom" or "Dad." Ever.
4. Hand the phone in promptly at _____ every school night and every weekend night at _____. It will be shut off for the night and turned on again at _____. If you would not knock on someone's front door, then do not call or text. Respect people like we would like to be respected.
5. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs/repairs. Mow lawns, babysit, save some birthday money. It will happen, be ready.
6. Do not use this device to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first.
7. Do not text, email, or say anything through this device you would not say in person or with their parents in the room. Censor yourself.
8. No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person -- preferably me.
9. Turn it off, silence it, put it away in public. Like in restaurants, the movies, or while speaking with another human being. You are not a rude person; do not allow the cell phone to change that.
10. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear -- including a bad reputation.
11. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.
12. Leave your phone home sometimes and feel safe and secure in that decision. Learn to live without it. Be bigger and more powerful than FOMO (fear of missing out).
13. Download music that is new, classic, or different than what your peers are listening to. Your generation has access to music like never before. Take advantage of that gift. Expand your horizons.
14. Play a game with words or puzzles or brain teasers every now and then.
15. Your phone doesn't hold the secret of the universe. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger.
16. You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You and I, we are always learning. I am on your team. We are in this together.

Trust your powerful mind and giant heart above any machine. I love you. I hope you enjoy your awesome new cell phone.

Child's Signature _____ **Date** _____

Adult's Signature _____ **Date** _____