



Our Family Internet Rules

We agree to the following rules in order to have the privilege of being online:

- No drug talk, nudity, drinking pictures, bullying, posting your location
- No sharing passwords (not even with best friends!)
- No participating in sites that allow anonymous posting or comments
- Use privacy settings to only allow friends to access your online content like videos, posts and pictures.
- Turn off location identifier on any pictures that are posted.
- Ask permission before downloading, installing or buying anything.
- Add something online only if you are comfortable with your parents, teachers and coaches seeing it.
- Before posting something online run it through the THINK test:
 - T - Is it true?
 - H - Is it helpful?
 - I - Is it inspiring?
 - N - Is it necessary?
 - K - Is it kind?
- Report any creepy or mean behavior by others to parents.
- All digital devices are turned into parent's room by ___:___ each night.
- Limit screen time to ___ hours per day.

