

# Family Internet Use Contract



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.  
Cyberbullying Research Center

## Child Expectations

I understand that using the family computer is a privilege that is subject to the following rules:

1. I will respect the privacy of others who use this computer. I will not open, move, or delete files that are not in my personal directory.
2. I understand that mom and dad may access and look at my files at any time.
3. I will not download anything or install programs without first asking mom or dad.
4. I will never give out private information while online. At no time will I ever give out my last name, phone number, address, or school name – even if I know the person with whom I am communicating.  
My screen name will be: \_\_\_\_\_
5. I understand that I can use the computer for approved purposes only.
6. I will never write or post anything online that I would not want mom or dad to see. I will not use profanity or otherwise offensive language. If I receive messages or view content with offensive language, I will report it to mom and dad immediately.
7. I will never agree to meet an online friend in person without first asking mom or dad. Dangerous people may try to trick me into meeting up with them.
8. If I ever feel uncomfortable about an experience online, I will immediately tell mom or dad. I understand that mom and dad are willing to help me and will not punish me as long as these rules are followed.

## Parent Expectations

I understand that it is my responsibility to protect my family and to help them receive the best of what the Internet has to offer. In that spirit, I agree to the following:

1. I will listen calmly. If my child comes to me with a problem related to his or her online experiences, I promise not to get angry but to do my best to help my child resolve the situation in which they find themselves.
2. I will be reasonable. I will set reasonable rules and expectations for Internet usage. I will establish reasonable consequences for lapses in judgment on the part of my child.
3. I will treat my child with dignity. I will respect the friendships that he or she may make online as I would his or her offline friends.
4. I will not unnecessarily invade my child's privacy. I promise not to go further than I need to in order to ensure my child's safety. I will not read diaries or journals, nor will I inspect emails or computer files unless there is a serious concern.
5. I will not take drastic measures. No matter what happens, I understand that the Internet is an important tool that is essential to my child's success in school or business, and I promise not to ban it entirely.
6. I will be involved. I will spend time with my child and be a positive part of his or her online activities and relationships – just as I am offline.

We understand the above rules and agree to use the computer accordingly.

\_\_\_\_\_  
Signature of Child

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

After signing, post visibly by the computer.