

CHAOTIC DIGITAL WORLD

Social Media Contract #PostResponsibly

I, _____, agree to the following rules of this contract and will allow my parents/guardians to help me be as safe as possible while using all social media sites and digital devices.

I will

- not share or post personal information (e.g. full name, address, school) without permission.
- update privacy and location settings before posting on any new social media account.
- not become a cyberbully or post offensive content about others.
- not post or send private message with inappropriate images of myself or others.
- not create any anonymous social media accounts.
- share details, upon request, of all social media sites in which I have an active profile.
- not let social media interfere with academic or extracurricular activities at home or school.
- allow limits to be set on how often I can use my social media accounts.
- identify a trusted confidant to ask questions or for help in difficult situations.

Trusted confidant name: _____

- silence all social media notifications by ____ p.m. on school nights and ____ p.m. on weekends.
- not participate in dangerous viral challenges or feel pressured to by friends/others.
- _____

Discuss and list two consequences that may happen if I break the rules of this contract.

- _____
- _____

Parent/Guardian signature _____ Date _____

child signature _____ Date _____