

Parents and students should complete the following digital safety contract together and post it in a visible location to remind you both of your commitment to work together to be safe online.

For additional resources, visit [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org).



INSTITUTE FOR RESPONSIBLE ONLINE AND CELLPHONE COMMUNICATION

## DIGITAL CONSCIOUSNESS CONTRACT

Talking to your child about the dangers of digital abuse isn't always easy, but it is important. Now is not the time to be coy, shy, timid, or indirect with your kids. Every time they use digital technology, they open themselves up to the world, and to the benefits and risks that we all inherit once we power up! To help you talk with your child, and to establish fair and informed usage guidelines IROC2 has created the **Digital Consciousness Contract** to assist you with;

- Defining your child's approved digital devices
- Clearly outlining prohibited behaviors
- Setting up scheduled Check-Ups to monitor activity for irresponsibility or abuse
- Clearly communicating the consequences associated with your child's abuse of technology

Once you discuss and come to an agreement for each section below, sign and date this contract, and keep it in a prominent place, like the computer table or on the refrigerator as a constant reminder for everyone.

### 1) Authorized Digital Tools & Technologies

The following Digital Tools & Technologies are authorized to be used.

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### 2) Digital Tools & Technologies Check-Ups

All authorized digital tools & technologies will be inspected by a Parent/Guardian according to the schedule below.

Every         Days  Weeks  Months – the agreed upon digital tools will be handed in for inspection.  
[Insert #]

### 3) Issues Leading to Consequences: Prohibited Behaviors Should Be Listed.

Some prohibited behaviors may include; (i) posting, sharing or viewing sexually explicit material, (ii) sharing inappropriate personal information, cyberbullying others, not using security (anti-virus software), using technology during clear restricted use times (during school, bedtime, etc). Build your list with your child - if necessary, use another sheet of paper to complete this section. Everyone initial & date the page(s) and staple it to this document.

### 4) Consequences and Rewards

Create a list of Consequences and Rewards on another sheet of paper to complete this section. Everyone initial & date the page(s) and staple it to this document.

#### Son/Daughter:

I promise to abide by the contract outlined above. If I break any part of this contract, I will accept the consequences and will not utilize any unauthorized digital tools & technologies while the aforementioned consequences are in effect.

\_\_\_\_\_  
Son/Daughter Signature

Date: \_\_\_\_\_

#### Parent/Guardian:

I promise to do what I can to help my child succeed in following this contract. I understand this will be an evolving contract and promise to make myself available to discuss these rules and their consequences when necessary.

\_\_\_\_\_  
Parent/Guardian Signature

Date: \_\_\_\_\_

**Watch Videos With Your Teen at [IROC2.ORG/ONDEMAND](http://IROC2.ORG/ONDEMAND)**