



D5 Consulting Group LLC
"Training for the Future"

Social Media Contract

- As your guardians, we understand that social media is valuable to you. We want to foster your use of social media in a way that is fun, safe, and kind.

- In support of a safe online presence, we pledge to monitor your social media use and online presence. This includes having access to your social media accounts, limiting your device use, and having regular access to your phone, computer(s), tablets, and other devices. This monitoring is to ensure your safety and the safety of your friends.

- We also pledge to explain what we find to be acceptable online activity, and to involve you in the discussion of what is permissible and why.

- Additionally, if you ever feel like you or one of your friends is in danger, we want you to come to us immediately. No violation of this contract is more important than your safety or the safety of your peers.

- We understand that some topics are difficult to discuss with us. We agree that _____ is a trusted family adult who you may feel more comfortable speaking with about social media, bullying, or other things that you experience online or at school. We want you to feel safe contacting them, but also understand that they will tell us if you or anyone else is in danger.

Guardian Signature

Date

Guardian Signature

Date

Social media is important to me, but it is not the most important thing. I recognize that social media is a curated online presence, and I will strive to not judge myself against what others post online. I understand that things I post, share or privately message may exist forever and have lasting consequences for me, my family, and my friends.

My guardians will know all my social media accounts. I will not create social media accounts without discussing it with my guardians. I will also not change my passwords, privacy settings, parental controls, or my listed age on a social media platform.

I will not try to bypass safety settings or parental monitoring applications.

I will never share my full name, address, phone number, school, or other identifying information with anyone who I do not know in real life, or with any account that I have not verified belongs to a friend that I know in real life.

I will never share my social media passwords with anyone. I recognize that friends might use this information to bully me or others or to participate in unsafe online practices.

I will not share photos or videos of my friends or family without their permission.

I will never post offensive, sexual, or otherwise objectionable content. This includes swearing, terms that belittle any race, sexual orientation, religion, or any person or class of people.

I will never meet anyone in person who I met online.

I understand that posting of some types of images or statements, whether in public or in a private message, may have legal consequences. I also understand that my actions online could cause lasting damage to my peers.

I will never participate in online bullying, whether it takes place in a public group or private message. I will tell my guardians or our family's trusted adult if I am ever the target of online bullying.

If I see online bullying of a peer, I will discuss this with my guardians or my family's trusted adult. If I see unsafe behavior by a peer (such as a friend planning to meet

someone in person that they met online), a possible threat of violence, self-harm, or anything else that might hurt a friend or peer, I will notify my guardians, school, or our family's trusted adult as soon as possible.

I will follow my family's rules regarding screen time and device storage. I understand that my phone and other devices will not be stored _____. I will be off my phone and other devices by _____ pm on school nights and by _____ pm on holidays and weekends.

Consequences:

I understand that my family has established these consequences for violations of this contract. If I break the terms of this contract, I may lose access to social media and/or my devices. This is to protect me and my peers.

Name

Date