



## CYBER PARENTING PACKAGE

# ySafe

Thank you for downloading our Cyber Parenting Pack.

In this pack you will find suggested "family contract" templates. This may be a new concept to you, however with the exploding use of technology, Family Contracts are becoming a common approach for parents to set and communicate expectations with their kids.

## A bit about ySafe

ySafe is one of Australia's leading cyber safety experts. ySafe was established to bridge the knowledge gap, and to ease the fear of parents that their children know more about the cyber world than they do.

Uniquely, ySafe is staffed by Gen Y's and its founder is a registered Psychologist with a specialty in mental health issues relating to social media and internet gaming addictions.

### **ySafe School Services**

To find out more about ySafe and ySafe's comprehensive school services please visit [ysafe.com.au](http://ysafe.com.au).

### **ySafe Cyber Safe Community**

To join our cyber safe community, please select ySafe through Family Zone ([familyzone.com](http://familyzone.com)).



Social Media & Cyber Safety Experts

[www.ysafe.com.au](http://www.ysafe.com.au)



# CYBER SAFE HOME CHECKLIST

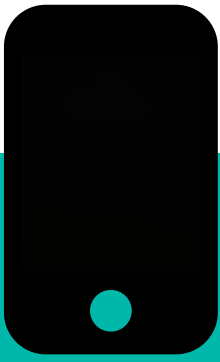
## HOW TO CREATE A CYBER SAFE HOME

1. Implement parental controls in your home and on kids' mobiles
2. Complete a Digital Contracts with your kids each year
3. Set and regularly update a Family Routine
4. Keep up to date on what your kids are doing, and online dangers
5. Monitor, engage, support and communicate

## CYBER SAFETY CHECKLIST

**(check these have been done each year)**

- Develop a Family Routine
- Complete Digital Contracts for each child
- Set up social/gaming accounts for my kids (<15)
- Friend my kids on social/gaming accounts (<15)
- Turn off unsafe geo-location settings on my kids' mobiles (<15)
- Turn on find-my-phone settings on my kids' mobiles (<15)
- Check my kids' devices randomly each month for:
  - risky Apps
  - browsing history
  - social & gaming accounts, behaviour and privacy
  - geo-location settings
- Attend a cyber safety seminar each year
- Have 1 device free day each month



## CYBER CONTRACT

# My New Phone

Dearest \_\_\_\_\_, congratulations, you've got a new phone.

Before it's yours, you need to agree to some ground rules:

Remember this phone is only on loan to you. It is a privilege which can and will be taken away if you don't live up to this contract.

### **I AGREE THAT I WILL:**

- Answer the phone if my family calls
- Text or call back right away if it's missed
- Turn my phone off where required (eg school)
- Let you know if I see anything that makes me feel uncomfortable
- Ask for permission to purchase apps or for in-app purchases
- Keep my phone safe, in good condition and covered
- Give it back if requested
- Let you know the passwords / PINs

### **I AGREE THAT I WILL NEVER:**

- Message or post anything I wouldn't say in front of you
- Take or share inappropriate pictures of me or anyone else
- Use it during sleeping hours (other than in an emergency)
- Use my phone at the dinner table
- Change or disable settings applied by you
- Remove apps installed by you

Signature \_\_\_\_\_ date    /    /



## CYBER CONTRACT

# My New Tablet

Dearest \_\_\_\_\_, congratulations, you've got a new tablet.

Before it's yours, you need to agree to some ground rules:

Remember this device is only on loan to you. It is a privilege which can and will be taken away if you don't live up to this contract.

### **I AGREE THAT I WILL:**

- Turn my device off where required (eg school)
- Let you know if I see anything that makes me feel uncomfortable
- Ask for permission to purchase apps or for in-app purchases
- Keep my device safe, in good condition and covered
- Give it back if requested
- Let you know the passwords / PINs

### **I AGREE THAT I WILL NEVER:**

- Message or post anything I wouldn't say in front of you
- Take or share inappropriate pictures of me or anyone else
- Use it during sleeping hours (other than in an emergency)
- Use it at the dinner table
- Change or disable settings applied by you
- Remove apps installed by you

Signature \_\_\_\_\_ date    /    /



## CYBER CONTRACT

# My New Computer

Dearest \_\_\_\_\_, congratulations, you've got a new computer.

Before it's yours, you need to agree to some ground rules:

Remember this device is only on loan to you. It is a privilege which can and will be taken away if you don't live up to this contract.

### **I AGREE THAT I WILL:**

- Turn my computer off where required
- Let you know if I see anything that makes me feel uncomfortable
- Ask for permission to download/purchase apps/software
- Keep my computer safe, in good condition and covered
- Give it back if requested
- Let you know the passwords

### **I AGREE THAT I WILL NEVER:**

- Message or post anything I wouldn't say in front of you
- Take or share inappropriate pictures of me or anyone else
- Use it during sleeping hours (other than in an emergency)
- Use it at the dinner table
- Change or disable settings applied by you
- Remove software installed by you

Signature \_\_\_\_\_ date / /



# Digital Contract

Let's set some ground rules for this year's cyber access!

\_\_\_ **Devices:** I understand I don't own my device/s. They are on loan. I understand that access to the internet is a privilege, not a right. I promise to take care of my devices, keep them safe, covered and charged.

\_\_\_ **Passwords:** I promise to always let you know my passwords and I will not share them with others.

\_\_\_ **Controls:** I understand you install parental controls for my safety. I promise not to break them and I understand if I do there will be consequences.

\_\_\_ **Manners:** I promise to use good manners online. I will not write things that I wouldn't want said to me or wouldn't say in real life to another person.

\_\_\_ **School Rules:** I will follow school rules on using my device/s at all times.

\_\_\_ **Personal Info:** I will NEVER share personal or family information online. No phone numbers, address online or very personal pictures - Ever.

\_\_\_ **Online Friends:** I promise I will not friend people online unless I really know them. I will NEVER meet someone I only know online.

\_\_\_ **Online Accounts:** I promise I will never setup an online account without permission.

\_\_\_ **Online chat:** I promise I will not enter a chat room, and will only message/email people approved by my parents.

\_\_\_ **Routines:** I will have self-control. I have talked through and agreed on my routine, and I will stick to it.

\_\_\_ **Get Off Grid:** I promise to enjoy time offline. I will spend time without my devices, and have real life social time and time doing physical activities.

\_\_\_ **Respect Money:** I understand that buying apps, charms, levels, skins and the like costs money. I promise I will never buy these things without permission.

\_\_\_ **Real Friends:** I promise to be a good and loyal friend, both online and offline. I will not bully others.

\_\_\_ **Real Sharing:** I promise to tell you whenever I see, say or hear something that makes me uncomfortable.

\_\_\_ **Break Downs:** I understand that when I mess up, I may lose my devices and privileges. I Understand this is part of learning to be responsible online.

\_\_\_ **Communication:** If I get upset, I'll walk away from the keyboard and chill. I won't react to anyone online out of anger or hurt.

\_\_\_ **Banned Content:** I won't try and access content that I know I'm not allowed to access, or search for things that I wouldn't search for in front of my parents.

\_\_\_ **Pictures:** I will not send or receive pictures that I would not want my friends, teachers, or family to see. This includes rude pictures. Everything that is posted online stays online forever. This is not something that I want online to affect me later on in life.

\_\_\_ **Family Time:** I will not lock myself in my room. I will spend time with my family, participate in meals and chores, and be involved.

And in consideration of your promises, as your parent I promise that I will:

- > set these boundaries with you and with your best interests in my mind.
- > definitely not always get it right. I'm learning too, but I'm on your side.
- > look out for you and monitor what you do online and on your devices. It's my job as a parent to protect you and I will do whatever it takes to keep you safe and happy.
- > discipline you when you mess up, I will be firm but fair and we'll work through problems and solutions together.
- > reward you if you do what you promise here, if you are consistent and positive, if you do your best at school and try to be good to your friends and family.

Signature \_\_\_\_\_

date    /    /

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# Top Tips

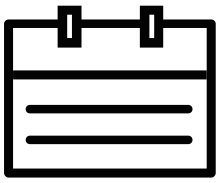
Print off these top tips and stick them on your kids computers and devices as a reminder of expectations and agreements.

I will never

1. Share personal details
2. Meeting 'online friends'
3. Delete history
4. Be involved in bullying/meaness
5. Search for adult content
6. Do anything illegal

I will...

7. Ask permission to spend money
8. Ask permission to download
9. Walk away if hurt or angry
10. Inform my parents if I'm uncomfortable
11. Stick to my online access routine



# Our Family Planner



## Weekly Chores

M T W T F S S


Chore

Time

Who

## Sports / Activity Planner

M T W T F S S


Activity

Time

Day

## Internet Routine

School

Reward

Relax


Signature \_\_\_\_\_  
Name

date / /  
Play/Sleep Times