

Online Usage Agreement

- 1. I promise to report any threatening messages or abusive activity that is sent to me while online.**
- 2. I promise to only use the internet for _____ hours per day with extra time devoted only for the purposes of homework or studies.**
- 3. I promise only to use the computer at the following agreed upon times_____.**
- 4. I understand that my parents may check the browser to view the sites I have been on and promise not to clean or wipe the history.**
- 5. I promise not to give any personal information out online unless of course first approved by my parents.**
- 6. I will create a buddy list and only message those that are listed. Any additional buddies will be discussed with my parents.**
- 7. I understand that breaking any of these rules can result in a reduction of my internet time and/or a temporary suspension from the computer.**

Other suggestions could include methods to earn extra time online as a reward for complying with the agreed upon set of rules.

Parents also have concerns about their child's cell phone usage. Again, if you are worried that they spend too much time talking to their friends, texting and photographing when they could be doing other things, then a phone usage agreement could come in quite handy. Just as with the internet, the individual rules will vary greatly, depending on your child. You may want to place your child on a credit system, meaning a predetermined, prepaid amount of money that they are allowed to have per week. Once they use up their credit they need to wait until the following week to get more. This is an excellent way to teach responsibility and discipline. Older children could be encouraged to purchase extra time for themselves somehow and even contribute to the costs of their cell phones. Some suggested general rules for cell phone usage are as follows: