



## iPledge for Children

Name: \_\_\_\_\_

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

I pledge to use my technology **SAFELY**. When I am online, I will not visit dangerous or inappropriate sites, talk to strangers, or provide personal information without letting my parent/caregiver know about it first. I will not use technology to bully or cause harm to others. If I am made aware of unsafe activity online, I will notify an adult immediately.

I pledge to use my technology **RESPONSIBLY**. I will do “first things first,” like homework, physical activities, music practice, and my chores at home. I will use technology with balance. I will hand over all screens at night so that I can get a **good night’s sleep**.

I pledge to use my technology **RESPECTFULLY**. When my parent/caregiver tells me to turn off or hand over my screen, I will turn it off or hand it over in a respectful way. Screens can make people moody and disrespectful, and I pledge to do my best to be respectful with my technology. I will know when to turn it off to maintain my face-to-face, people skills.

## iPledge for Parents

Name: \_\_\_\_\_

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

I pledge to help my child use technology **SAFELY**. If my child has access to the Internet from a phone, tablet or computer, I understand that they have access to people, websites, images and videos that are inappropriate, shocking and dangerous. I pledge to install software that will help me monitor their use (e.g., Norton Family). I will do my best to be aware of what sites they visit, whom they talk to, and what they play. I will have frequent conversations about how to use technology safely.

I pledge to help my child use technology **RESPONSIBLY**. I will set reasonable limits with my child to teach the importance of homework, positive activities, self-care and chores at home. I will set a good example for how to use technology with balance. I will not let my child take screens to bed so that s/he can get a **good night's sleep**.

I pledge to teach my child to use technology **RESPECTFULLY**. I will work with my child to know when to turn off and hand over their screen(s) in a respectful manner. I will talk with my child about the importance of developing face-to-face, people skills. I will work with my child to use technology with kindness and accept limits to screen use.