



1. Social media can be a positive space to have fun with friends. It's a good place for keeping in touch with people I meet and making plans with family and friends. I will enjoy it, but never make it the most important thing in my life. Three more important things are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

2. Social media is usually people's "highlights reel" and I am looking at the very best bits of other people's lives. They are not better than me, or happier than me, or worth more than me.

3. I will think carefully about what I say on social media. I will be kind and respectful. I will talk about events and ideas, not people. I will not be involved in arguments. If I have an issue with someone, I will resolve it face to face, not online.

4. I will think very carefully about the images I post of myself. Taking photographs of body parts and posing in a sexual way is not allowed. I cannot guarantee who will see those photos or where they will end up, even if my security settings are on. My emerging sexuality is perfectly normal and to be celebrated, but not shared on social media.

5. I will not use social media during family time. Family is important.

6. I will not use social media in my bedroom. I would not invite hundreds of people into my very private space in real life, so I will not do it online.

7. I will turn off all technology an hour before bed because sleep is important. My brain is growing and it needs rest. I will be a happier and more resilient person if I am not interrupted by technology throughout the night. All technology will be left in a shared family area overnight for charging.

8. I will take breaks from social media when my parents think it's time. I understand that I might be upset about it, but I will also feel better after a bit of time disconnected. Sometimes it is nice to not know what the rest of the world is doing.

9. I will only 'friend' people I have met in real life. I may get a friend request from someone my age who is friends with all my friends, but that doesn't mean they know them either. I understand that people with bad intentions create profiles to groom people like me.

10. I will never be involved in bullying online. Ever. If I witness bullying, or someone bullies me, I will save evidence and show it to an adult.

11. My privacy settings will always be set on high. People can use clues from photographs, and the things I say, to work out the details of my life. What I post on social media is for friends and family only, not the whole world.

12. I will have all location services turned off because I value my safety. I understand that people can use these features to work out where I live, go to school and spend my spare time.

13. Although I love and trust my friends, I will never give out my social media passwords, just as I wouldn't share my bank account details. Boundaries are important.

14. I will give my social media log-in information to my parent(s) and understand they can review at random times without permission.

15. If I feel uncomfortable about anything while I am on social media, gaming or communicating online, I will log off and talk to one of these 5 adults:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Student name and signature: \_\_\_\_\_

Parent's name and signature: \_\_\_\_\_

