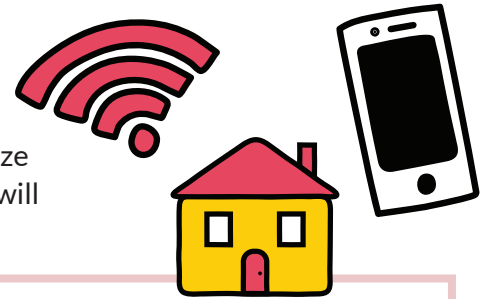


Family Social Media Plan

Our family plans to use social media in a safe and responsible way. We recognize that social media can have many benefits, but also pitfalls and challenges. We will revisit this plan at least twice each year to make updates/changes as needed.



Benefits of Social Media

As a family, we've decided to use social media because:

Here are some topics, friends and family, and role models we hope to follow on social media:

1:

2:

3:

4:

5:

Safety

As an individual user, I promise to:

- Not share personal information (birthdate, address, phone number, name of school) and my location with others online. I will turn off the location feature in the apps I use.
- Not share photos of private areas of my body with others online.
- Remember that people online are not always who they say they are offline. I will tell my family if a situation with a particular individual feels uncomfortable.
- Tell my family all my usernames on the apps we've agreed to use.
- Review my accounts with my parents if they are concerned.

Social Media Etiquette

As a family, we promise to:

- Treat others with the same kindness and respect we would use offline.
- Not bully or post hateful content about others online.
- Alert one another if we are the victims of bullying online.

Apps

As a family, we've decided that I can use the following apps/platforms:

1:

2:

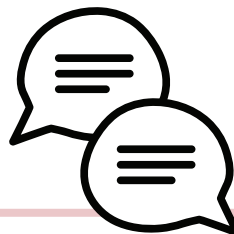
3:

4:

5:

I promise to:

- Discuss the general content I plan to share on the app with my family. I will bring up if I feel like I want to share more than what we talked about.
- Discuss the risks and benefits of the app with my family, as well as any security features we should implement.
- Help my family set up accounts and teach them how to use the app.



(Continued on back)

Family Social Media Plan *(continued)*



Time and Content Limits

As a family, we promise to limit our social media usage from _____ to _____ on _____.



We plan to put our phones away (circle all that apply):

1. During mealtimes together
2. In the bedroom
3. In the evening hours we spend together
4. _____
5. _____

On social media, we promise NOT to share:

Consequences

If I don't follow the rules, then: (some ideas could be: my family can access my account, I will lose social media access for X number of days).

Check-in Date

As a family, we plan to check-in on how this plan is working by _____ and will implement any changes necessary at that time.

This agreement is entered into by:

(Name)

(Signature)

(Name)

(Signature)

(Name)

(Signature)

(Name)

(Signature)

(Name)

(Signature)

Date Signed: _____

