



Social Media Contract for Young People

- I understand that using social media is a privilege and not a right. I understand that my privileges may be revoked by my parent(s) or guardian(s) at any time for bad behaviour, uncooperative behaviour, or for allowing my school work or extracurricular activities to be affected.
- I understand that I should never use social media to torment or harass a schoolmate, teacher, or any other person. I will not participate in online fights, threaten others, or encourage others to behave badly.
- I will agree with my parents/guardians suitable times and length of time for spending time on social media and know that if I am unable to keep to these rules, I may lose my access online for a period of time.
- I understand that my parent(s) or guardian(s) have the right to review my online behaviour and that they should have access to my password and accounts.
- I understand that I will not use inappropriate language on social media or post photos that could be embarrassing to myself, my family members, friends, or classmates.
- I understand that I should keep my parent(s) or guardian(s) informed if others are using social media to bully, threaten or harass me.
- I understand that the best policy regarding social media is, "If you can't say anything nice, don't say anything at all."
- I understand that I will get my parent(s) or guardian(s) permission before establishing an account with a social media site, and remain within the age limits provided for these sites.
- I understand that bad behaviour on social media could reflect poorly on me and my family.





Social Media Contract for Parents or Guardians

- I promise to help my child identify the pros and cons of using social media.
- I promise that I will check my child's social media accounts on occasion to be sure that he/she is staying safe and behaving appropriately on social media.
- I promise not to overreact if I see something on social media that concerns me. Rather, I will calmly discuss the matter with my tween and work through the situation together.
- I promise that my child may come to me at any time to troubleshoot a social media challenge, such as bullying, taunting, or other bad behaviours.
- I promise that should my child break our social media rules I will enforce fair but firm consequences for the behaviour.
- I promise to set a good example on how to behave on social media for my child by avoiding profanity, mean-spiritedness, bullying, sarcastic, or other antisocial behaviours or attitudes.
- I promise to take immediate action if I determine that my child's safety is in any way in question due to social media, which may include confiscating my child's phone, contacting my child's school or local law enforcement officials if necessary.

Signed: _____ (Parent's Signature)

_____ (Date)

Signed: _____ (Young Person's Signature)

_____ (Date)

