



SOCIAL MEDIA AND TEXTING CONTRACT

1. I agree to keep my settings “private” at all times. I will not delete DMs. The same rules apply as in text messages.
2. I agree not to post any pictures of body parts. I will only post pictures of myself or friends if they include our faces.
3. I agree not to post sexualized images. This includes kissing of any kind, grabbing body parts or making sexual gestures of any kind. There is nothing wrong with being silly, but the Internet is not a safe place to be immature in a sexual way.
4. Don’t send a text if you would not want that text, post or photo shown to a future coach, college teacher, boss or to everyone at the reception on your wedding day.
5. If you get caught in a mean text sequence, resist the urge to argue back via text, simply text: “Thank you for sharing” and put the phone down and walk away. This phrase tends to end conversations easily. Remember you are in control of this tool; Don’t let it control you.
6. If you wouldn’t post a photo, meme, gif on a highway billboard or show it to your parents/grandparents, do not post it on a Social Media site or send it to your friends.
7. Resist the urge to send or post photos of yourself sticking out your tongue.
8. Do not post photos of our family unless you ask us.
9. I agree to be respectful of myself and others in the words and images I use. This includes agreeing not to use social media to mock, tease, embarrass, gossip or reveal secrets.
10. I agree to immediately tell mom or dad if I ever receive any threatening or sexual messages or images on any social channel.
11. I agree not to view pornography or other sexual related or improper sites.
12. I will only allow people I personally know to follow me. I will only follow people I personally know. Any other sites or individuals (celebrities, athletes, etc..) will be approved by mom or dad.



SOCIAL MEDIA AND TEXTING CONTRACT

13. I agree to acknowledge that everything I put online is permanently available, even if it can be immediately deleted or hidden. I understand that people who know the technology well can access images and words that have been deleted even if the app tells you otherwise. I understand that even private messages can be copied and pasted somewhere else. I understand that when I am grown and an adult, someone can look my name up and find every single thing I've ever put online. This includes bosses, girlfriends, future family and friends, neighbors, and co-workers.

14. I agree that when I am having family time, I will put away my devices, including my phone.

15. Anytime you need an excuse to get out of an uncomfortable situation, just say your mom or dad won't let you do it and hit "send."

16. If I do not follow these agreements, I understand that I will lose my social media privileges for as long as my parents feel it is necessary.

17. When you make a mistake (I promise, you will), come tell us and we will help you figure out the best way to handle it. We have plenty of experience making mistakes and know what it feels like. We love you more than any of your friends do and we will always have your back. We are on your team....and you are on ours!

18. Like all areas of my life, I will strive to honor God through my use of technology as well.

I have read the above agreement and sign this in accordance with the rules.

Parents Signature

Child Signature
