

Teenagers

Online Safety Agreement

Useful templates

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[Fosi](#)

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Safeguarding teenagers online can be a real challenge as you want them to use the internet, gaming and social media but safely. A fantastic way to keep young people safe online is to work together, have a conversation and put an agreement in place. Young people are going to push boundaries, **but don't get mad get curious we were all young one and its not easy growing up in a digital world. We manage risk online and don't forget we cannot control everything online. Its vital young people have a big say in the rules and consequences when building the agreement.**

Supporting, setting up and implementing the 4 D's at home is vital for children:

- **Digital free zones** – keep technology out of bedrooms if we can, maybe use it in a family room, identify early on where technology is not allowed in the house, flat etc
- **Digital role models** – parents and carers lead by example online with digital usage
- **Digital sunset** – ideally young people need to come away from technology 1 hour before they go to sleep but pick your battles. What time do you think is appropriate for your children to come away from technology to get a good night's sleep?
- **Digital detox** – as a family try a gadget free day or hour. Try no technology after 6pm or a certain time, have break before breakfast or in the morning, can dinner table be digital free zones and have a break and time out over dinner.

Things to consider

- **Be positive about using the internet, don't forget to focus on positive online behaviour as well.**
- **The agreement must be reviewed and be flexible**
- **The agreement will only work if everyone buys into it, including parents and professionals**

Who is the agreement for?

How are we going to keep safe online?

What are the consequences going to be if the agreement is not stuck to?

When will the agreement be reviewed?

Date of agreement / signed

Notes or ideas

When setting boundaries try and remember to be clear, firm and consistent.

Great question to ask young people. Can you think about what might be realistic for you in terms of changing your relationship with gaming or social media?