

FAMILY ONLINE SAFETY AGREEMENT

This agreement is designed to keep kids and teens safe online. It's important for kids, teens and adults to agree to online safety rules that will work best for their family.

TO COMPLETE THE FAMILY ONLINE SAFETY AGREEMENT:

1. **Learn first:** Visit know2protect.gov to learn about online threats and how to stay safe online.
2. **Read it together:** Review this agreement and each online safety promise.
3. **Fill it out:** Write your family's examples and promises in the blank space (what you will or won't share, examples of acceptable behaviors, etc.).
4. **Seal the deal:** Write names, then sign and date to make your family's promise official.

_____ and _____
Name of kid(s) or teen(s) *Name of parent(s) or guardian(s)*

TOGETHER, WE PROMISE TO FOLLOW THE GUIDELINES BELOW:



ASK FOR PERMISSION

We will talk before downloading new apps. We will also talk about how to safely use new apps, like not leaving an app to chat privately with someone or meeting someone in person. View Know2Protect's [Safe Spaces: Navigating Safety Centers](#)¹ resource.

Safe ways we will use apps:



BE KIND AND RESPECTFUL

We promise to always be kind and respectful to others online, just as we would in person. We will not use hurtful language, be mean to anyone or post anything online that could embarrass or harm others.

Examples of appropriate behaviors:

Examples of inappropriate behaviors:



PROTECT PERSONAL INFORMATION

We will not share our valuable and personal information, photos or images with anyone that we do not know in the real world. We will also use parental controls or privacy settings, as appropriate, for each of our accounts. View Know2Protect's [Parental Controls for Safer Digital Spaces²](#) resource.

We promise not to share:



BALANCE SCREEN TIME

We will make sure to find a balance between screen time and other activities we enjoy, like playing outside, reading books or spending time together as a family. View Know2Protect's [#DigitalBoundaries resource hub³](#).

Some of our favorite offline activities are:

We will limit screentime by:



CHECK BEFORE YOU CONNECT

We will remember that not everything online is real — even photos, videos, voices and profiles can be created or changed by artificial intelligence (AI). If something feels off, we will trust our instincts, pause and talk to each other before we reply, share or connect. We will watch out for fake profiles, verify who we're talking to and block/report anyone who makes us uncomfortable or pressures us to keep secrets. View Know2Protect's [Tips2Identify Fake Profiles⁴](#) and [Tips2Protect Against AI and Deepfakes for Parents and Trusted Adults⁵](#) resources.

List some signs of a fake profile:



TALK ABOUT WHAT WE SEE

We will share with each other what we are doing online. If we come across anything online that makes us uncomfortable, we promise to talk about it openly and honestly with each other. We will not keep secrets about things that bother us online. Learn how to [Have the Talk⁶](#) on know2protect.gov.

Our favorite apps are:

Our favorite friends online are:



CREATE OUR EXIT STRATEGY

We will leave any online chat, game or post that makes us feel weird, worried or uncomfortable. We will stop replying, block the person and let each other know right away if something feels off. View Know2Protect's [Exit Strategy](#)⁷ resource.

Our exit strategy steps are:



TRUST EACH OTHER

We promise that we will listen to each other free of judgment and blame. We will be open to hearing what is being said so that we can come to each other if something happens online and not be afraid to do so.

We can build an environment of trust when discussing online safety by:

By agreeing to this Family Online Safety Agreement, we are committing to making our online experiences safe, positive and enjoyable for everyone. Let's have fun exploring the digital world together while staying safe and secure!

Family signatures

Date



Want to take online safety one step further? Join families across the country by taking the Pledge2Protect and committing to simple actions that help keep kids and teens safer online. Visit dhs.gov/know2protect/p2p to take the Pledge2Protect today!

¹ www.dhs.gov/know2protect/publication/safe-spaces-navigating-safety-centers

² www.dhs.gov/know2protect/publication/connect2protect-parental-controls-safer-digital-spaces

³ www.dhs.gov/know2protect/publication/digital-boundaries-publications

⁴ www.dhs.gov/know2protect/publication/fake-profiles

⁵ www.dhs.gov/know2protect/publication/tips2protect-against-ai-and-deepfakes-parents-and-trusted-adults

⁶ www.dhs.gov/know2protect/take-action

⁷ www.dhs.gov/know2protect/publication/exit-strategy-checklist

