

Do This

- Encourage open dialogue no matter the situation
- Acknowledge the privilege to use a device
- Accept insights and feedback from your child
- Set goals as a parent/guardian to include in a contract
- Create necessary consequences both can agree on
- Use wording that includes growth, learning and safe communication
- Use positive language like "I will" instead of "I will not"
- Review the contract regularly and adapt as needed

Not This

- See this as an opportunity to threaten into good behavior
- Become unreasonable
- Create extreme consequences that lead to the fear of expressing concerns
- Use the same contract for different children each child has different online needs



