



My Internet Safety Promise

Carefully review and discuss each part of the promise with your child to ensure understanding and a mutual agreement to follow the guidelines.

I AM TRUSTED BY MY CAREGIVERS TO USE THE INTERNET.

I PLEDGE TO THE FOLLOWING:

- I will never share personal information—like my name, phone number, school, address, or birthdate—without my caregiver’s permission.
- I will respect others online. I will not post anything rude, harmful, or unkind, and I will avoid conversations that could hurt others. I will always think before I post.
- I will only communicate online with people my caregiver has approved.
- I will not download any apps without my caregiver’s permission. I will only use websites and apps that my caregiver has approved.
- I agree to follow the screen time limits set by my caregiver.
 - Screen Time Limit: _____ minutes/hours (circle one) per day/week (circle one)
- I will never meet in person with anyone I’ve met online.
- I will tell my caregiver or another trusted adult if I see anything online that makes me feel uncomfortable or unsafe.
- I will be careful about the websites I visit. If I ever see something scary, confusing, or upsetting, I will talk to my caregiver or a trusted adult. I know I won’t be in trouble for speaking up.

BY HONORING THIS INTERNET SAFETY PROMISE, I WILL ENJOY AND EXPLORE THE WONDERFUL WORLD OF TECHNOLOGY SAFELY AND RESPONSIBLY.

CAREGIVER SIGNATURE: _____

CHILD SIGNATURE: _____