

Parent-Teen Social Media Safety Agreement

A conversation starter, not a punishment contract | Ages and needs vary

This agreement is made together. Both the parent/caregiver and teen should have a voice. Adapt any item to fit the teen's age, safety needs, and family circumstances. No one has to sign before discussing concerns.

Teen name / preferred name:

Caregiver name(s):

1 What matters to us

We want technology to support connection, creativity, learning, and fun without harming sleep, safety, school, relationships, or emotional health.

Teen: What do I value most about being online?

Caregiver: What am I most concerned about?

2 Our shared expectations

- ☐ We will talk respectfully about online experiences, even when we disagree.
- ☐ We will protect private information, passwords, and location details.
- ☐ We will ask before posting or sharing photos or information about others.
- ☐ We will take threats, harassment, sexual pressure, and exploitation seriously.

Our Digital Boundaries

Choose what works for your family; write in exceptions together

3 Devices, time, and routines

School-day expectations (apps, times, homework):

Weekend / vacation expectations:

Sleep and device charging location:

4 Privacy and parental involvement

We agree that growing independence matters. Caregivers will explain when and why they may need to check a device or account. Privacy limits should be discussed openly, except when urgent safety concerns require immediate action.

What stays private? What situations require adult involvement?

5 When something goes wrong

If someone receives threats, bullying, unwanted sexual messages, blackmail, or pressure to share images, they can tell a trusted adult. The first response should prioritize safety and support rather than automatic punishment.

Trusted adults / supports we can contact:

Our first steps: save evidence when safe, block/report, seek support:

Repair, Review & Signatures

A living agreement that can change as trust and skills grow

6 If an agreement is broken

We will focus on understanding what happened, repairing harm, and choosing proportionate next steps. Consequences should be clear, reasonable, and connected to safety or skill-building. Asking for help should not automatically trigger punishment.

How will we talk about a mistake or broken boundary?

7 What each of us promises

Teen: I need my caregiver to understand / do this:

Caregiver: I commit to doing this:

8 Review and revise

Review date (suggested: 2-4 weeks):

One thing we want to revisit at that time:

Teen signature (optional):

Caregiver signature (optional):

Date:

Safety note: For imminent danger, contact local emergency services. For threats, coercion, or exploitation, prioritize immediate safety and seek appropriate professional or trusted adult support. This worksheet does not replace individualized clinical or legal guidance.