



THE EMPOWERED CHILD ALLIANCE INC.
PREVENT. RECOGNIZE. PROTECT.
WE ARE TECA. WWW.TECAUS.ORG

Family Digital Agreement

Our Family Safety Rules

- Location sharing stays off unless a parent or caregiver turns it on for a specific reason.
- Accounts stay private.
- We only connect with people we know in real life, unless a parent has approved it.
- No private messages with adults or older teens without a parent knowing.
- No deleting messages, chats, or apps to hide activity.
- No sharing photos, videos, school name, address, phone number, or live location.
- Devices stay out of bedrooms at night.
- Parents or caregivers can check devices, apps, messages, and privacy settings.
- If anything feels uncomfortable, confusing, secretive, or pressuring, tell a trusted adult right away.
- You will not get in trouble for telling the truth.

Red Flags Online

- Someone asks to move a conversation to private messages.
- Someone asks you to keep the conversation secret.
- Someone gives lots of attention, compliments, gifts, or game credits.
- Someone asks for photos or personal information.
- Someone makes you feel guilty, pressured, or afraid.

What Children Should Hear Often

- Your body belongs to you.
- You can say no.
- There are no secrets about touching.
- People online are not always who they say they are.
- If something feels off, tell a trusted adult.



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What Parents Should Review Regularly

- Privacy settings on every app
- Friend and follower lists
- Direct messages and group chats
- Screen time and nighttime access
- Location settings
- Linked accounts and hidden apps

Parent Commitment

We will create a home where safety conversations are normal, questions are welcome, and telling the truth is always safe.

Signature Line

Child: _____ Date: _____

Parent/Caregiver: _____ Date: _____