

## TEENAGER'S PLEDGE FOR USING THE INTERNET RESPONSIBLY

Because I respect my parent's wisdom and loving care to protect me from any harm the Internet might cause, I promise to do the following:

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1. I agree to stay in touch with my parents at all times and be open about my use of the Internet. While they agree to respect my right to privacy I will nevertheless try to be as transparent as possible in my use of the Internet so that they can come to trust me completely.
  2. My parents and I will regularly review my use of the Internet and I will respect their wisdom in responding to any cautions they may alert me to.
  3. Together, we will establish rules about when and how I can use the Internet. I agree to abide by whatever time limits and access sites that they may set for using the computer or any other communication device, acknowledging that these are privileges that they are granting.
  4. I will never use any other computer or device to access the Internet (such as a friend's computer) without keeping them informed.
  5. I will never give out my Internet password to anyone (even my best friends) or let anyone besides family members have access to my Internet connection.
  6. I will never agree to meet or go with someone, or have any contact whatsoever with anyone I "meet" on the Internet without my parent's permission.
  7. If anyone I meet on the Internet tries to give me information or send me something that my parents would be upset about, I will tell them right away.
  8. Realizing that identity theft is now epidemic I will never give out any information over the Internet, like my family's address, telephone or cell phone number, or any other personal information. If anyone requests personal information about myself or any other family member, I will report it to my parents right away.
  9. I will never use the Internet inappropriately, such as to "bully" or threaten anyone over the Internet or anywhere else.
  10. I will never send any sort of picture of myself or any family member to anyone who asks for it, without permission.
  11. Because Internet pornography addiction is now rampant I will never access or download any pictures or information of a sexual nature that my parents would disapprove of.
  12. I will not install any new software or program that could possibly harm my or our family computer without informing my parents ahead of time.
  13. I will be conscious of how much time I spend on the web, phone and other devices and will not let the use of these distractions interfere with my sleep, schoolwork and face-to-face relationships.
  14. I will try my best to show my parents that I can be a responsible user of the Internet, so that they can be proud of me for behaving responsibly.

I agree to all these pledges: Teen's signature: \_\_\_\_\_