

I will...



Think It - I will tell a trusted adult if something makes me feel uncomfortable, sad, or unsafe.



Feel It - I will communicate respectfully online and I will be kind to others.



Learn It - I will not pretend that I made something that's not actually my own work.



Mind It - I will respect myself and others when I'm online.



Chat It - I understand the right way to talk with people, online or face-to-face.



Balance It - I will balance my screen time with other activities. I respect my family's decisions about when I'm allowed to use screens.

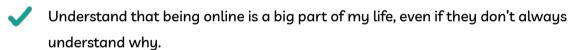


Question It - I know that not everything I read, hear, or see online is true.



Secure It - I will protect myself online by not giving out any information without my family's permission.

In exchange, my family agrees to...



- Talk with me about what worries them and why, before saying "no."
- Talk to me about my interests and help me find stuff that's appropriate and fun to do both online and offline.



signed by me signed by my family