



Tanjong Katong Secondary School

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FAMILY CONTRACT ON USE OF DIGITAL DEVICES

Pledge for student

Respect for Self and others

- I will treat others respectfully and kindly in what I post, what I text and how I interact socially online and offline.
- I will not bully and will not tolerate bullying by others.
- I will respect other people's digital property and space. I will not steal, hack, break into anyone else's accounts or use other's content without permission.
- I will respect other people's privacy and be courteous in pictures and posts that I share.

Safe and responsible use

- I will be conscious of how much time I spend on the web, phone and other devices and will not let the use interfere with sleep, school work and face-to-face relationships. The agreed amount of time I will spend on screen is _____ hours per day.
- I will finish my work and complete all other areas that lie within my responsibility before I use my phone.
- I will let my parent(s) have access to my phone at all times.
- I will not look at my phone when I am walking.
- I will take care not to damage or misplace my phone and will let my parents know immediately if it is damaged, lost or stolen.
- I will not post or send pictures or other content that will embarrass me, get me into trouble or jeopardize my privacy or security.
- I will not create or share any inappropriate posts that harm the reputation of myself, others or the school.
- I will not create or share posts that may cause distress to others.
- I will protect my passwords and practice good digital security.
- I will be thoughtful in my use of copy, paste and forwarding. When using anyone else's content or images I will quote them, give them credit and link to them if appropriate.
- I will only use apps that share my location with family or personal friends I know from the real world.
- I will only use apps from legitimate app stores (like the Apple App Store or Google Play) and do prior research to make sure the apps are appropriate and safe to use.
- I will carefully review the privacy policies of any apps I use including what information the app collects or shares.

Positive influence

- I will be considerate of others and not use my phone to text or talk when it may disturb others or at inappropriate times or places such as in class.
- I will assist my parents, teachers others in their use of technology, should they need my help,
- I will help create a culture of respect and tolerance at home and in school among my peers.
- I will be a good online friend and be supportive of my friends and others who might be in trouble or in need of help.

Pledge For Parents

- I will be a good role model and never text or use apps while driving or during other activities where phone use might be dangerous.
- I will be considerate of others, including my family members, by refraining from using the phone when it might disturb people around me.
- I will talk with my children and set reasonable expectations about their smartphone use.
- I will set reasonable rules and guidelines for computer use by my children and will discuss these rules and post them near the computer as a reminder. I will remember to monitor their compliance with these rules, especially when it comes to the amount of time they spend on the computer.
- I will be considerate of my child and not text him or her during lesson time in school.
- I will get to know the services and sites my child uses, and seek help from them to show me if needed.
- I will try to get to know my child's "online friends" just as I try get to know his or her other friends.
- I will not overreact if my child tells me about a problem he or she is having on the Internet. Instead, we will work together to try to solve the problem and prevent it from happening again.
- I will take whatever action is appropriate if I feel my child has misused his or her phone or broken a family rule, but I will be thoughtful about such actions and not overreact.
- I will help make the Internet a family activity and ask my child to help plan family events using the Internet.

We agree to the above.

Parent(s) sign here

Child sign here

Adapted from source:

<https://www.safekids.com/family-contract-for-online-safety/>