

Internet Use Contract

From: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying"



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
Cyberbullying Research Center

Child Expectations

I understand that using the family computer is a privilege that is subject to the following rules:

1. I will respect the privacy of others who use this computer. I will not open, move, or delete files that are not in my personal directory.
2. I understand that mom and dad may access and look at my files at any time.
3. I will not download anything or install programs without first asking mom or dad.
4. I will never give out private information while online. At no time will I ever give out my last name, phone number, address, or school name—even if I know the person with whom I am communicating.
My screen name will be: _____
5. I understand that I can use the computer for approved purposes only.
6. I will never write or post anything online that I would not want mom or dad to see. I will not use profanity or otherwise offensive language. If I receive messages or view content with offensive language, I will report it to mom and dad immediately.
7. I will never agree to meet an online friend in person without first asking mom or dad. Dangerous people may try to trick me into meeting up with them.
8. If I ever feel uncomfortable about an experience online, I will immediately tell mom or dad. I understand that mom and dad are willing to help me and will not punish me as long as these rules are followed.

Child's Signature: _____

Parent Expectations

I understand that it is my responsibility to protect my family and to help them receive the best of what the Internet has to offer. In that spirit, I agree to the following:

1. I will listen calmly. If my child comes to me with a problem related to online experiences, I promise not to get angry but to do my best to help my child resolve the situation.
2. I will be reasonable. I will set reasonable rules and expectations for Internet usage. I will establish reasonable consequences for lapses in judgment on the part of my child.
3. I will treat my child with dignity. I will respect the friendships that my child may make online as I would offline friends.
4. I will encourage positive ~~past~~ **online activities** and relationships—just as I am offline.

List of Prohibited Web sites and software applications:

Parent's Signature: _____

Sameer Hinduja, Ph.D. is an Associate Professor at Florida Atlantic University and Justin W. Patchin, Ph.D. is an Associate Professor at the University of Wisconsin Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer comprehensive workshops for parents, teachers, counselors, mental health professionals, law enforcement, youth and others concerned with addressing and preventing online aggression.

The Cyberbullying Research Center is dedicated to providing up to date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. For more information, visit <http://www.cyberbullying.us>. © 2009 Cyberbullying Research Center Sameer Hinduja and Justin W. Patchin