

SOCIAL MEDIA CONTRACT

BETWEEN PARENT & CHILD



INSTRUCTIONS: Every family has different values and beliefs regarding social media use. This contract was created to reflect this individuality.

Read each section, and check the boxes in those sections that apply to YOUR family. If a section doesn't apply to you, then feel free to skip it. There are also spaces to include additional information that fits YOUR unique opinions on this important topic.

IMPORTANT NOTE: The child is called the "User" in this contract. This is because in my experience 1) teens feel belittled by being called a child, and 2) the term "User" implies a sense of responsibility.

IMPORTANT TEACHING OPPORTUNITY: This contract is also designed to help the parent teach important life lessons; as such, the first section is all about highlighting the life lessons that you want your child to learn by being using social media.

Don't just give this contract to your child to read over and sign. Sit down with you child; read over each section and thoroughly explain the important concepts of that section (this is why I want both child and parent to initial each section).

My hope is that this contract provides the structure you need to talk to your child about responsible and healthy social media use. Enjoy!

Dr. Ballinger

Dr. Becca Ballinger
Child Psychologist &
Modern Parenting Expert

SOCIAL MEDIA CONTRACT

BETWEEN PARENT & CHILD



LIFE LESSONS: THIS CONTRACT IS TO SUPPORT THE LEARNING OF THE FOLLOWING LIFE LESSONS (CHECK ALL THAT APPLY):

- ☐ The use of social media apps are meant to promote positive and healthy relationships with other peers and family members.
- ☐ When using social media, the User should always remember to do their own thinking (versus letting popular people on social media influence the User's thinking), as well as to be a smart consumer.
- ☐ A healthy lifestyle includes a balance between online and offline activities.
- ☐ Other: _____

Parent Initial

User Initial

PASSWORDS: THIS SECTION IS TO ACKNOWLEDGE THAT ALL USERNAMES & PASSWORDS WILL BE SHARED BETWEEN USER & PARENT (CHECK ALL THAT APPLY):

- ☐ It is expected that parent(s) will always know the passcode to access User's phone.
- ☐ It is expected that parent(s) will always know the usernames and passwords to all social media accounts.
- ☐ If any usernames or passwords change, it is the User's responsibility to communicate the new usernames and passwords to parent(s) immediately.
- ☐ Passwords will be recorded on "Attachment A - Password Record".
- ☐ Other expectations: _____

Parent Initial

User Initial

CONDUCT: THIS SECTION OUTLINES THE EXPECTATIONS REGARDING CONDUCT WHILE USING SOCIAL MEDIA (*CHECK ALL THAT APPLY*):

- ☐ User will only communicate with peers or family that the he/she knows offline. All others must be approved by parent(s).
- ☐ User will never use social media to torment or harass a schoolmate, teacher, or any other person.
- ☐ When communicating on social media, User will only use language that is positive and encouraging. Language that is critical or could potentially be hurtful to someone else should not be used.
- ☐ User will alert parent(s) if others are using social media to bully, threaten or harass the User.
- ☐ User will not participate in online fights with peers, threaten others, or encourage others to behave badly.
- ☐ User will not post photos, memes, or other images that could potentially be embarrassing to themselves, family members, friends, or classmates.
- ☐ Other expectations: _____

Parent Initial

User Initial

PHOTOS & IMAGES: THIS SECTION COMMUNICATES THE EXPECTATIONS REGARDING VIEWING AND POSTING PHOTOS AND IMAGES.

- ☐ User agrees to avoid viewing inappropriate social media accounts.
- ☐ User will be allowed to post photos or images on social that ONLY IF they are appropriate and positive.
- ☐ User understands that sending inappropriate photos of themselves OR receiving and passing on inappropriate photos of peers can result in serious consequences, such as police involvement. If this should occur, the user agrees to alert parent(s) immediately.

Parent Initial

User Initial

REWARDS: WHEN USER FOLLOWS THE GUIDELINES STATED IN THIS CONTRACT, THEY WILL ENJOY THE FOLLOWING REWARDS:

- ☐ Less oversight by parent(s).
- ☐ More freedom when deciding on who to add as contacts and friends on social media platforms.
- ☐ Other rewards: _____

Parent Initial

User Initial

CONSEQUENCES: WHEN USER DOES NOT FOLLOW THE GUIDELINES STATED IN THIS CONTRACT, THEY WILL SUFFER THE FOLLOWING CONSEQUENCES:

- ☐ Parent(s) will be forced to provide more monitoring and oversight (i.e. looking through photos, texts, social media posts, etc.)
- ☐ User will have less freedom when deciding on who to add as contacts and friends on social media platforms.
- ☐ Other Consequences: _____

Parent Initial

User Initial

CONTRACT AGREEMENT

By signing below:

- The child ("User") agrees to abide by the guidelines, rewards, and consequences as outlined in this contract.
- The parent agrees to provide the necessary coaching that the User might need in order to be successful in abiding by this contract.

Parent Signature

Child ("User") Signature

ATTACHMENT A: PASSWORD RECORD



RECORD INFORMATION IN BOXES BELOW.

SMARTPHONE PASSCODE:

Name of Site #1:

Username:

PASSWORD:

Name of Site #2:

Username:

PASSWORD:

Name of Site #3:

Username:

PASSWORD:

Name of Site #4:

Username:

PASSWORD:

ATTACHMENT A: PASSWORD RECORD



Name of Site #5:

Username:

PASSWORD:

Name of Site #6:

Username:

PASSWORD:

Name of Site #7:

Username:

PASSWORD:

Name of Site #8:

Username:

PASSWORD:

Name of Site #9:

Username:

PASSWORD: