



Child and Family Psychology
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Cyber Duty Pledge for Parents

I _____ promise to oversee my child's usage of the Internet, and to make sure they follow the
parent's name
below ground rules:

- 1. I will establish designated times when online communication is allowed.**
- 2. I will set time limits on online communication (set a timer next to the computer, ie. 45 minutes on Facebook, etc.).**
- 3. I will approve my child's friends list on Facebook and other social networking sites.**
- 4. I will do random checks.**
- 5. I will make sure my child doesn't say anything in cyberspace that he/she would feel uncomfortable saying face-to-face.**
- 6. I will make sure that no personal information (address, phone number, school, whereabouts, etc.) is posted online.**
- 7. I will approve pictures my child wants to post online.**
- 8. I will monitor YouTube usage and what my child posts on YouTube.**
- 9. I will ensure that, when my children go to other's houses, they are still responsible for the ground rules I have put in place (even if the other child does not have ground rules). It is also important that my children know what the consequences are if the ground rules are broken.**
- 10. I will talk to my kids about appropriate online behavior and what works for them and their friends.**

I also promise to let my child enjoy the Internet, as long as he/she is following the rules. I also reserve the right to call another Cyber meeting, at which point I can review, revise or change the ground rules.

signature