



Dear Parent / Carer,

### **Healthy, Happy, Safe! Your Family Technology Agreement**

On Tuesday 11<sup>th</sup> February, we celebrated Safer Internet Day, along with schools and organisations across the world. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

This year, we are supporting families in joining the conversation by creating their own Family Technology Agreement. We hope this will help families to:

- enjoy sharing what they do with technology
- support and monitor children as they develop interests and discover what they can do with technology
- balance time on technology with other activities

We have attached a copy of an agreement that you can use to help your child stay **healthy, happy, safe** when they use technology. You may have your own agreement already or you can use the one on the back of this letter if you wish as a starting point to talk about what is best for your family.

We are also sending home a poster that has been provided by Somerset's Support Services for Education to help build the habits to keep children safe and able to enjoy using technology.

Best wishes

S.Brewer

#### **For more information:**

Safer Internet Day Parent Resources: <http://saferinternet.org.uk/sid-parents>

NSPCC Share Aware [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware)

UK Safer Internet Centre: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Advice on screentime <http://bit.ly/RCPCH-ScreenTimeForParents>

Ask About Games [www.askaboutgames.com](http://www.askaboutgames.com)

# Sample

## Our Family Contract

### Children agree to

- Talk about what I do online and the technology I use
- Show you what I do online
- Check before I download a new app
- Share games I play
- Join in with family activities

### Adults agree to

- Stay calm when problems happen with technology
- Ask permission before posting photos of family
- Discuss apps and check them out together
- Join in with technology activities

### Everyone agrees to

- Family time without technology
- Switch off at an agreed time each night
- Talk about what we do online, just as we do with other activities
- Keep screens out of bedrooms