**Social Media Covenant**

This is a covenant between students and their parents/guardians. Each term is optional and negotiable. The terms that both the student and parent/guardian agree upon must be initialed. After completing the covenant both the parent/guardian and student sign and date at the bottom. Please have a third-party sign to be a witness to the covenant. This is to help establish boundaries to protect families from the mistakes and harm done by potential consequences of the internet, social media, and other apps.

1. I agree to keep my settings at “private” at all times. \_\_\_\_\_\_\_\_
2. I agree not to post any pictures of inappropriate body parts. I will only post pictures of myself or friends. I understand this is not because there is anything wrong or shameful with any parts of my body, but that it is not healthy to publicly sexualize myself. \_\_\_\_\_\_\_\_
3. I agree not to post sexualized images. This includes grabbing body parts or making sexual gestures of any kind. I understand that the internet is not a safe place for a young person to be silly in a sexual way. \_\_\_\_\_\_\_\_
4. I agree to be respectful of myself and others in the words and images I use. This includes agreeing not to use social media to bully, mock, tease, embarrass, gossip, or reveal secrets. \_\_\_\_\_\_\_\_
5. I agree, for safety reasons, not to reveal the specific place I am when I am there. For example, I will not post a picture saying “I am at the pool with a friend and then we are walking home.” \_\_\_\_\_\_\_\_
6. I agree to immediately tell an adult family member if I ever receive any threatening or sexual messages on social media. \_\_\_\_\_\_\_\_
7. I agree not to view pornography. I understand that sex is a wonderful and healthy part of a health marriage, but that pornography is different than sex, and not healthy for anyone. I agree that if I accidentally stumble across pornography or a friend shows it to me, I will stop watching it. \_\_\_\_\_\_\_\_
8. I agree to acknowledge that everything I put online is permanently available, even if it can be immediately deleted or hidden. I understand that for the rest of my life someone can look up my name and find every single thing that I have put online. This includes bosses, boyfriends/girlfriends, and future family and friends. \_\_\_\_\_\_\_\_
9. I agree that when I am having family time, I will put my devices away.  This goes for the adults as well. \_\_\_\_\_\_\_\_
10. I agree to be done with all tech including my phone by \_\_\_\_\_\_\_\_\_ nightly unless I have asked for and received an exception. \_\_\_\_\_\_\_\_
11. I agree to keep my phone at night in a common area other than my bed room. \_\_\_\_\_\_\_\_
12. If I do not follow these agreements. I understand that I will lose my social media privileges for as long as my parents feel it is necessary. \_\_\_\_\_\_\_\_



Date

Date

Date

Date