SAMPLE FAMILY RULES FOR INTERNET USE

USING THE COMPUTER IS A PRIVILEGE. IN ORDER TO ENJOY THIS PRIVILEGE AND USE THE COMPUTER, WE AGREE TO FOLLOW THESE RULES:

1) Computer use is not confidential and we do not hide what we are doing on the computer

2) In our family, we get permission to access the Internet and we use our personal login

3) We visit websites that are appropriate for our age and we do not visit websites or access information that are "off limits" for us

4) We don't send photos or give out personal information without permission and we will tell our parents about any online messages that make us uncomfortable

5) We share an email account with our parents. We will not open or use other email accounts

6) We do not enter chat rooms

7) We can go online between the hours of _____ and _____

8) Time on the computer is limited to: _____ hour(s) per day/week

9) Time on the Internet is limited to: _____ hour(s) per day/week

10) Instant messaging is only allowed with people that we already know. We will provide our parents with a current list of our "buddies"

11) We do not respond to messages from people we do not know

12) These rules apply to our home computer and all other computers we use

_____name _____date

CREATING FAMILY RULES
FOR INTERNET USE

SOME DECISIONS TO CONSIDER IN CREATING FAMILY RULES:

- **Do you want your children to ask before they access the Internet?**

- **Do you want to limit the time your children access the Internet?**
  If so, how much time per week or day?

- **Do you want to specify when your children may access the Internet?**
  If so, which hours?

- **Do you want to permit your children to use email?**
  If so, do you want to share an email account with them or have access to their account?

- **Do you want to permit your children to use instant messaging?**
  If so, do you want to approve their "buddies" list and require them to provide you with an updated copy of that list?

- **Do you want to permit your children to enter chat rooms?**
  If so, do you want to limit them to certain chat rooms that you have approved?

When possible, have your family computer rules in place before your children begin using the computer. Children will find it easier to accept and obey rules that have already been established.