OUR FAMILY’S SOCIAL STANDARDS

AS A FAMILY, WE LIVE UP TO HIGH STANDARDS ONLINE AND OFFLINE:

1. WE BALANCE OUR ATTENTION ON TECHNOLOGY SO WE CAN HIT OUR GOALS.
   - _____ hours of sleep each night
   - Grades of ______ or higher
   - Interest / Activity: __________________________
   - Other: __________________________

2. BEFORE JOINING A NEW SOCIAL APP, WE:
   - Are at least ____ years old
   - Research the app together
   - Request it using ‘Ask To Buy’
   - Huddle about the pros and cons of the app
   - Give the parent/guardian a heads up
   - Other: __________________________

3. OUR PROFILES WILL BE SET TO:
   - Private
   - Private until we’re at least _____ years old, then it’s that person’s choice
   - Public

4. WE TEXT, POST, AND SHARE CONTENT THAT REFLECTS OUR VALUES, INCLUDING:
   - Inclusivity: We respect, celebrate, and embrace others’ differences.
   - Teamwork: We help each other out and consider the impact of our actions on others.
   - Integrity: We do the right thing, even if we think no one is watching. Everything is screenshottable.
   - Other: __________________________

5. IF A FRIEND IS EVER BEING BULLIED ONLINE OR OFFLINE, WE’LL HAVE THEIR BACK BY:
   - Speaking up by telling others to stop it or by changing the subject
   - Telling a trusted adult
   - Talking to the person being bullied
   - Other: __________________________

6. WE ACCEPT FRIEND REQUESTS FROM PEOPLE WHO MEET THE FOLLOWING CRITERIA:
   - The parent/guardian OK’d the person’s friend request
   - Your family met them in real life
   - Other: __________________________

7. AT NIGHT, WE HIT OUR GOAL FOR HOURS OF SLEEP BY:
   - Turning devices to “Do Not Disturb”
   - Charging devices in another room besides the bedroom
   - Turning off access to apps

Standards are not rules. They’re goals. They empower. And they set the bar high. Whether a situation is happening online or offline — we take the high road when we have standards. Your challenge, as a family, is to complete this Family Social Standards Agreement, co-created with students and families across the country. Huddle up and customize each standard, and have every family member sign it and commit!
8. **WE UPDATE OUR PASSWORDS EVERY ______ MONTHS.**
   - This means the next time to hold 30 minutes to update our passwords is ________________ (date).

9. **WE AVOID POSTING EMBARRASSING FAMILY MOMENTS:**
   - Unless we get approval from the person in the photo
   - After just waking up
   - On vacation
   - Other: ________________

10. **WE TALK THROUGH TOUGH SITUATIONS WE’RE EXPERIENCING BY:**
   - Asking the other person if it’s a good time to chat
   - Listening, asking questions, and keeping our cool — rather than overreacting
   - Thinking about how the other person is feeling

11. **WE AVOID USING OUR DEVICES DURING THESE TIMES:**
   - While eating meals together
   - While driving
   - In this area of the house: ________________
   - When someone is talking to us in person
   - In the morning before ________________ (time/activity)
   - In the evening after ________________ (time/activity)
   - Other: ________________

12. **WHEN WE’RE DRIVING, WE KEEP OUR FOCUS ON THE ROAD INSTEAD OF OUR DEVICE BY:**
   - Responding to messages once we stop driving or pulling over if it’s urgent
   - Checking directions before we start driving
   - Using “Do Not Disturb While Driving”
   - Using the vehicle’s Bluetooth or voice activation
   - Using a phone holder
   - Other: ________________

13. **WE FOLLOW POSITIVE ROLE MODELS ONLINE WHO HELP US PURSUE OUR INTERESTS:**
   - These interests include: ______________________________________________________________________
   - ______________________________________________________________________________________________

14. **WE USE OUR DIGITAL DEVICES IN WAYS THAT HELP US:**
   - Fuel our health and well-being
   - Connect with friends we care about and role models and mentors we admire
   - Pursue passions and grow our interests
   - Show kindness and respect for others
   - Raise awareness of causes we care about
   - Land future internships and jobs by reflecting our character & values in what we say, text, and post
   - Other: __________________________________________________________________________________________

We will review these standards every ______ (#) months, updating them as needed. Rewards for living up to these standards include: __________________________________________________________________________.

“I COMMIT TO LIVING UP TO OUR FAMILY’S SOCIAL STANDARDS.”

(family members sign here)

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“Usually, when you’re ruled, you never agree with all the rules, you just abide by them. But if you have standards, and if everyone contributes to the way you’re going to do things, you end up owning how you do things.”

— COACH MIKE KRZYZEWSKI

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