

OUR FAMILY'S STANDARDS TO NAVIGATE SOCIAL MEDIA AND TECH POSITIVELY

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 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!

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



Play To Your Core



Protect Your Privacy



Strike A Balance



Cyberback



Find Your Influencers



Use Your Mic For Good



Handle The Pressure

CUSTOMIZE YOUR OWN FAMILY AGREEMENT BY DISCUSSING AND FILLING IN THE CIRCLES AND/OR BLANKS:

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
- 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
- Turning off **access to apps**
- Charging devices in **another room** besides the bedroom

8. We update our passwords every ____ month(s).

- This means **the next time** to hold 30 minutes to update our passwords is

9. We avoid posting embarrassing family moments:

- On **vacation**
- Unless we get **approval** from the person in the photo
- After just **waking up**
- **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
- Thinking about how the other person is **feeling**

11. We avoid using our devices during these times:

- While **eating meals**
- In the **morning** before _____ (time/activity)
- While **driving**
- In the **evening** after _____ (time/activity)
- In this **area of the house:**
- **Other:** _____
- When someone is **talking to us** in person

12. When we're driving, we keep our focus on the road instead of our device by:

- Using a **phone holder**
- Using the vehicle's **Bluetooth or voice activation**
- Using **"Do Not Disturb While Driving"**
- Checking directions **before** we start driving
- Responding to messages **once we stop driving** or pulling over if it's urgent
- **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**
- **Raise awareness** of causes we care about
- Pursue **passions** and grow our **interests**
- **Land future internships and jobs** by reflecting our character & values in what we say, text, and post
- Show kindness and **respect for others**
- **Other:** _____
- Connect with **friends** we care about and **role models and mentors** we admire

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 STANDARDS."

“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