

Teen Technology Rules

Your teenage is about to enter the adult world.

Schools have rules. Workplaces have rules. There are road rules, sporting rules and laws to abide by.

We all operate within the rules to function in the community. Rules are designed to keep everyone as safe, to make expectations of behaviour as clear as possible and to reinforce our culture and expectations.

You want your child to be as independent, healthy and safe as possible. You want your child to contribute to and succeed in your community as they mature and make independent choices.



You are preparing your child for the adult world

They are old enough to be held accountable for their actions, in school and in the courts.

So let's make using the Internet safe and fun for your teen, whether the technology is being used within the home or on a device somewhere else.

You can use sensible rules and boundaries to create a balanced and safety mindset.

Rules and boundaries, as they surround technology, are as important to your child's development as those of the physical world. Rules and boundaries help your child know 'how we do things here' and **help make good decisions automatic.**

Your teenagers may be seeking even more independence. Clear house rules will lead to fewer 'debates', and give them some boundaries when they are perhaps considering more risky online behaviour. "My Dad is my friend of Facebook. He's going to see that. No way."

Every family is different. Consider how these rules work in with your values, beliefs, and aspirations for your teenager.



Consistency is the key. The consequences for breaking the rules in the adult world can alter your child's future. Consequences are a part of society. Don't let your teen make you think they are too old for your consequences. Be consistent in your response to poor decisions. You are preparing them for their next step into the adult world.

Teen Technology Rules

I demonstrate responsible use of technology and abide by the law

- I do not take, store or distribute inappropriate or sexual images.
- I do not illegally download anything (if is available elsewhere for money, not paying for it is stealing).
- I must never click to download anything (without permission).
- I do not access pornography.
- I do not contribute in any way to causing harm or hurt to another person online (cyberbullying, hate messages, shaming, extorting)
- I use appropriate language online (to maintain a clean digital footprint)
- I do not threaten anyone online.

I have time limits.

- There are times when I am not allowed on internet connected devices (including a smart phone) or the computer.
- I must have some technology-free time each night before bed.
- I never use **Internet devices** in the bedroom.
- There is no technology allowed in my bedroom at night so that I sleep well (especially a phone).

I ask permission.

- I check with a parent/adult before I use any device (iPad, iPod, computer, tablet, phone, DS, Xbox, Wii, PlayStation).
- I ask permission before I download or purchase a game or app.
- I ask permission before I purchase anything online.
- I ask permission before I enter any competitions.
- **When I am asked to log off, I do that.**

I protect my passwords.

- My parent or carer **has my passwords** to any device or website.
- I do not share my password with anyone except my parent or carer (unless they give me permission to share).

I must never talk about myself or my family on the computer or on a device.

- I must never share a photo online without permission.
- I must never mention my school or home address, the sport I play, or when we are going on holidays.

I am cautious of strangers online.

- I am careful who I interact with online and understand that not everyone is who they seem.
- I do not let myself be tricked into thinking I really know people online. They are strangers. They do not understand me and do not deserve more trust than the people in my physical world.