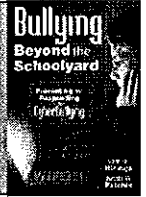


Family Cell Phone Contract

From: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying"



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
Cyberbullying Research Center

Child Expectations

1. I acknowledge that using a cell phone is a privilege and, therefore, will not take it for granted.
2. I will not give out my cell phone number to anyone unless I first clear it with my parents.
3. I will always answer calls from my parents. If I miss a call from them, I will call them back immediately.
4. I will not bring my cell phone to school if it is prohibited. If allowed to bring it to school, I will keep it in my backpack or locker and turned off between the first and last bell.
5. I will not use my cell phone for any purpose after ___am/pm on a school night or after ___am/pm on a nonschool night, unless approved by my parents.
6. I will not send hurtful, harassing, or threatening text messages.
7. I will not say anything to anyone using the cell phone that I wouldn't say to them in person with my parents listening.
8. I will pay for any charges above and beyond the usual monthly fee.
9. I will not download anything from the Internet or call toll numbers without first asking my parents.
10. I will not enable or disable any setting on my phone without my parent's permission.

11. I will not take a picture or video of anyone without that person's permission.
12. I will not send or post pictures or videos of anyone online without that person's permission.
13. I will not send or post any pictures or videos to anyone without first showing them to my parents.
14. I will not be disruptive in my cell phone use. If my parents ask me to end a call or stop text messaging, I will.

Parent Expectations

1. I will respect the privacy of my child when my child is talking on a cell phone.
2. I will not unnecessarily invade my child's privacy by reading text messages or looking through call logs without telling my child first. If I have a concern, I will express it to my child, and we will look through this material together.
3. I will pay the standard monthly fee for the cell phone contract.
4. I will be reasonable with consequences for violations of this contract. Consequences will start at loss of cell phone privileges for 24 hours and progress according to the seriousness of the violation.

Child's signature: _____

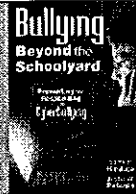
Parent's signature: _____

Sameer Hinduja, Ph.D. is an Associate Professor at Florida Atlantic University and Justin W. Patchin, Ph.D. is an Associate Professor at the University of Wisconsin-Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer comprehensive workshops for parents, teachers, counselors, mental health professionals, law enforcement, youth and others concerned with addressing and preventing online aggression.

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. For more information, visit <http://www.cyberbullying.us>. © 2009 Cyberbullying Research Center - Sameer Hinduja and Justin W. Patchin

Internet Use Contract

From: "Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying"



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.
Cyberbullying Research Center

Child Expectations

I understand that using the family computer is a privilege that is subject to the following rules:

1. I will respect the privacy of others who use this computer. I will not open, move, or delete files that are not in my personal directory.
2. I understand that mom and dad may access and look at my files at any time.
3. I will not download anything or install programs without first asking mom or dad.
4. I will never give out private information while online. At no time will I ever give out my last name, phone number, address, or school name—even if I know the person with whom I am communicating.
My screen name will be: _____
5. I understand that I can use the computer for approved purposes only.
6. I will never write or post anything online that I would not want mom or dad to see. I will not use profanity or otherwise offensive language. If I receive messages or view content with offensive language, I will report it to mom and dad immediately.
7. I will never agree to meet an online friend in person without first asking mom or dad. Dangerous people may try to trick me into meeting up with them.
8. If I ever feel uncomfortable about an experience online, I will immediately tell mom or dad. I understand that mom and dad are willing to help me and will not punish me as long as these rules are followed.

Child's Signature: _____

Parent Expectations

I understand that it is my responsibility to protect my family and to help them receive the best of what the Internet has to offer. In that spirit, I agree to the following:

1. I will listen calmly. If my child comes to me with a problem related to online experiences, I promise not to get angry but to do my best to help my child resolve the situation.
2. I will be reasonable. I will set reasonable rules and expectations for Internet usage. I will establish reasonable consequences for lapses in judgment on the part of my child.
3. I will treat my child with dignity. I will respect the friendships that my child may make online as I would offline friends.
4. I will not unnecessarily invade my child's privacy. I promise not to go further than necessary to ensure my child's safety. I will not read diaries or journals, nor will I inspect e-mails or computer files unless there is a serious concern.
5. I will not take drastic measures. No matter what happens, I understand that the Internet is an important tool that is essential to my child's success in school or business, and I promise not to ban it entirely.
6. I will be involved. I will spend time with my child and be a positive part of my child's online activities and relationships—just as I am offline.

List of Prohibited Web sites and software applications:

Parent's Signature: _____

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Facts for Consumers

Parents sometimes can feel outpaced by their technologically savvy kids. Technology aside, there are lessons that parents can teach to help kids stay safer as they socialize online.

HELP KIDS SOCIALIZE SAFELY ONLINE

The Federal Trade Commission, the nation's consumer protection agency, urges parents to talk to their tweens and teens about social networking sites, and offers these tips for using these sites safely:

- **Help your kids understand what information should be private.** Tell them why it's important to keep some things — about themselves, family members and friends — to themselves. Information like their full name, Social Security number, street address, phone number, and family financial information — like bank or credit card account numbers — is private and should stay that way. Tell them not to choose a screen name that gives away too much personal information.
- **Use privacy settings to restrict who can access and post on your child's website.** Some social networking sites have strong privacy settings. Show your child how to use these settings to limit who can view their online profile, and explain to them why this is important.
- **Explain that kids should post only information that you — and they — are comfortable with others seeing.** Even if privacy settings are turned on, some — or even all — of your child's profile may be seen by a broader audience than you're comfortable with. Encourage your child to think about the language used in a blog, and to think before posting pictures and videos. Employers, college admissions officers, team coaches, and teachers may view your child's postings. Even a kid's screen name could make a difference. Encourage teens to think about the impression that screen names could make.
- **Remind your kids that once they post information online, they can't take it back.** Even if they delete the information from a site, older versions may exist on other people's computers and be circulated online.
- **Know how your kids are getting online.** More and more, kids are accessing the Internet through their cell phones. Find out about what limits you can place on your child's cell phone. Some cellular companies have plans that limit downloads, Internet access, and texting; other plans allow kids to use those features only at certain times of day.
- **Talk to your kids about bullying.** Online bullying can take many forms, from spreading rumors online and posting or forwarding private messages without the sender's OK, to sending threatening messages. Tell your kids that the words they type and the images they post can have real-world consequences. They can make the target of the bullying feel bad, make the sender look bad — and, sometimes, can bring on punishment from the authorities. Encourage your kids to talk to you if they feel targeted by a bully.
- **Talk to your kids about avoiding sex talk online.** Recent research shows that teens who don't talk about sex with strangers online are less likely to come in contact with a predator.

If you're concerned that your child is engaging in risky online behavior, you can search the blog sites they visit to see what information they're posting. Try searching by their name, nickname, school, hobbies, grade, or area where you live.

- **Tell your kids to trust their gut if they have suspicions.** If they feel threatened by someone or uncomfortable because of something online, encourage them to tell you. You can then help them report concerns to the police and to the social networking site. Most sites have links where users can immediately report abusive, suspicious, or inappropriate online behavior.
- **Read sites' privacy policies.** Spend some time with a site's privacy policy, FAQs, and parent sections to understand its features and privacy controls. The site should spell out your rights as a parent to review and delete your child's profile if your child is younger than 13.
- **Understand sites' privacy policies.** Sites should spell out your rights as a parent to review and delete your child's profile if your child is younger than 13.

A FEW MORE TIPS TO PROTECT PRE-TEENS

Many of the tips above apply for pre-teens, but parents of younger children also can:

- **Take extra steps to protect younger kids.** Keep the computer in an open area like the kitchen or family room, so you can keep an eye on what your kids are doing online. Use the Internet with them to help develop safe surfing habits. Consider taking advantage of parental control features on some operating systems that let you manage your kids' computer use, including what sites they can visit, whether they can download items, or what time of day they can be online.
- **Go where your kids go online.** Sign up for — and use — the social networking spaces that your kids visit. Let them know that you're there, and help teach them how to act as they socialize online.
- **Review your child's friends list.** You may want to limit your child's online "friends" to people your child actually knows and is friendly with in real life.

WHAT TO DO IF THERE'S A PROBLEM

Encourage your kids to tell you if they feel threatened by someone or uncomfortable because of something online. Then report it right away to the police and the social networking site.

The Children's Online Privacy Protection Act (COPPA) requires websites to obtain parental consent before collecting, using, or disclosing personal information from children under age 13. If a website is violating COPPA, report it to the Federal Trade Commission.

FOR MORE INFORMATION

To learn more about staying safe online, visit the websites of the following organizations:

Federal Trade Commission
www.onguardonline.gov

The FTC works for the consumer to prevent fraudulent, deceptive, and unfair business practices in the marketplace and to provide information to help consumers spot, stop, and avoid them. To file a complaint or to get free information on consumer issues, visit ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261.

The FTC manages OnGuardOnline.gov, which provides practical tips from the federal government and the technology industry to help you be on guard against Internet fraud, secure your computer, and protect your personal information.

Facts for Consumers

ConnectSafely

www.connectsafely.org

ConnectSafely is a forum for parents, teens, educators, and advocates designed to give teens and parents a voice in the public discussion about youth online safety, and has tips, as well as other resources, for safe blogging and social networking. Along with NetFamilyNews.org, it is a project of the non-profit Tech Parenting Group.

Cyberbully411

www.cyberbully411.org

Cyberbully411 provides resources and opportunities for discussion and sharing for youth — and their parents — who have questions about or may have been targeted by online harassment. The website was created by the non-profit Internet Solutions for Kids, Inc., with funding from the Community Technology Foundation of California.

GetNetWise

www.getnetwise.org

GetNetWise is a public service sponsored by Internet industry corporations and public interest organizations to help ensure that Internet users have safe, constructive, and educational or entertaining online experiences. The GetNetWise coalition works to provide Internet users with the resources they need to make informed decisions about their and their family's use of the Internet.

Internet Keep Safe Coalition

www.iKeepSafe.org

iKeepSafe.org is a coalition of 49 governors/first spouses, law enforcement, the American Medical

Association, the American Academy of Pediatrics, and other associations dedicated to helping parents, educators, and caregivers by providing tools and guidelines to promote safe Internet and technology use among children.

National Center for Missing and Exploited Children

www.missingkids.com; www.netsmartz.org

NCMEC is a private, non-profit organization that helps prevent child abduction and sexual exploitation; helps find missing children; and assists victims of child abduction and sexual exploitation, their families, and the professionals who serve them.

Staysafe

www.staysafe.org

Staysafe.org is an educational site intended to help consumers understand both the positive aspects of the Internet as well as how to manage a variety of safety and security issues that exist online.

Wired Safety

www.wiredsafety.org

WiredSafety.org is an Internet safety and help group. WiredSafety.org provides education, assistance, and awareness on cybercrime and abuse, privacy, security, and responsible technology use. It is also the parent group of Teenangels.org, FBI-trained teens and preteens who promote Internet safety.

FEDERAL TRADE COMMISSION

ftc.gov

1-877-FTC-HELP

FOR THE CONSUMER

Federal Trade Commission
Bureau of Consumer Protection
Division of Consumer and Business Education

September 2007