

Our Family internet & device usage guidelines

A family guide for using the **internet** and any connected **technology devices** while staying safe & secure online. e.g. access and use of online content, media, messages, audio, video, apps, games, etc.

1. General

- 1.1. Avoid giving out personal information online, in an app or to a person (e.g. birthday, location, address, phone number, SS#, etc.) without consent from parents
- 1.2. Only download or purchase online (incl. FREE stuff) with parent approval, e.g. music, games, apps, files, etc.
- 1.3. Follow standard ratings for age appropriateness (ex. App stores, social media, MPAA, ESRB, etc.) as our family default
- 1.4. Always get parent's approval before creating accounts or signing up for anything on the internet
- 1.5. Avoid giving out or sharing your passwords with anyone (including close friends) other than parents
- 1.6. Avoid using inappropriate language or taking part in any inappropriate behavior online
- 1.7. If you come across any inappropriate content online, communicate to parents for awareness

2. Messaging, Audio, Video & Social Media

- 2.1. Avoid engaging, friending or following people you haven't met in person (messaging, audio, video, etc.) without talking to parents
- 2.2. Always treat others as you want to be treated; don't insult, discourage, bully, embarrass anyone!
- 2.3. If any online activities get uncomfortable or threatening, STOP and talk to parents
- 2.4. Be open to reviews of phones and messages; don't delete without a parent review
- 2.5. Keep personal conversations with friends to face-to-face discussions

3. Device Usage

- 3.1. Follow the family internet & device screen times (e.g. dinner, bedtimes, family time, etc.)
- 3.2. Make sure devices are on the centralized charging station before bedtime
- 3.3. Always install the latest security updates and patches as soon as they are available
- 3.4. Keep "find my iPhone" (or equivalent) on all mobile devices at all times (phones, tablets, etc.)

4. Awareness

- 4.1. Understand that when interacting with others online:
 - People are not always who they say they are,
 - People do not always do the right thing or tell the truth,
 - There is no such thing as privacy online – **anything you do or say is public!**

Remember:

- ✓ It's a privilege that you've been given, so it can also be taken away when not used appropriately
- ✓ It's not just about YOU! When you put yourself at risk, you put your family and others at risk too!
- ✓ Be open and communicate; it's part of the beauty of experiencing technology together!
- ✓ Work together as a family; when in doubt about anything --just ask us!

*The internet & connected technology can be an amazing tool, but keep a **Jesus-centered** approach to experience it to the fullest!*