

15 Family Rules for Safe Computer/Phone Internet Usage

1. **Filters should be installed on all phones, computers and devices** that can access the internet. Encourage children to inform a parent if the filter ever fails.
2. **All passwords for email accounts and social media should be shared** with parents so they can periodically monitor appropriate usage.
3. **Computers should be used only in public areas of the home** where the screen is visible and not in the privacy of the bedroom or bathroom.
4. **Time limits for computer and phone use should be established.**
5. **Phones should be given to parents at a designated time each night** and charged in the parents' room. (Tip: Parents can also turn off routers at night.)
6. **Never give out personal information on the internet.**
7. **Participation in chat rooms should be prohibited.**
8. **Aimless surfing of the internet should be avoided.**
9. **The clearing of internet history or the use of private browsing should be prohibited.**
10. **There should be no downloading of browsers, apps, programs, videos, etc. without prior approval from a parent.**
11. **Do not chat with, message, friend or text people you have not met in person.**
12. **Do not open emails or messages from people you do not know.**
13. **If you wouldn't want your parents to read it, do not write it in an email, text or any other form of electronic communication.**
14. **A password may not be changed without notifying a parent prior to changing it.**
15. **Violation of the family computer rules may result in the removal of computer/phone privileges.**