



Institute for Responsible Online and Cell-Phone Communication

Introducing Digital Responsibility to a Digital Generation



DIGITAL CONSCIOUSNESS CONTRACT

Talking to your child about the dangers of digital abuse isn't always easy, but it is important. Now is not the time to be coy, shy, timid, or indirect with your kids. Every time they use digital technology, they open themselves up to the world, and to the benefits and risks that we all inherit once we power up! To help you talk with your child, and to establish fair and informed usage guidelines IROC2 has created the **Digital Consciousness Contract** to assist you with;

- Defining your child's approved digital devices
- Clearly outlining prohibited behaviors
- Setting up scheduled Check-Ups to monitor activity for irresponsibility or abuse
- Clearly communicating the consequences associated with your child's abuse of technology

Once you discuss and come to an agreement for each section below, sign and date this contract, and keep it in a prominent place, like the computer table or on the refrigerator as a constant reminder for everyone.

1) Authorized Digital Tools & Technologies

The following Digital Tools & Technologies are authorized to be used.

2) Digital Tools & Technologies Check-Ups

All authorized digital tools & technologies will be inspected by a Parent/Guardian according to the schedule below.

Every ☐ Days ☐ Weeks ☐ Months – the agreed upon digital tools will be handed in for inspection.
[Insert #]

3) Issues Leading to Consequences: Prohibited Behaviors Should Be Listed.

Review the Issues on Page 2. Customize this list by adding your own. If necessary, use another sheet of paper to complete this section. Everyone initial & date the page(s) and staple it to this document.

4) Consequences and Rewards

Review the Consequences and Rewards on Page 2. Customize these lists by circling our suggestions or adding your own. If necessary, use another sheet of paper to complete this section. Everyone initial & date the page(s) and staple it to this document.

Son/Daughter:

I promise to abide by the contract outlined above. If I break any part of this contract, I will accept the consequences and will not utilize any unauthorized digital tools & technologies while the aforementioned consequences are in effect.

Son/Daughter Signature

Date: _____

Parent/Guardian:

I promise to do what I can to help my child succeed in following this contract. I understand this will be an evolving contract and promise to make myself available to discuss these rules and their consequences when necessary.

Parent/Guardian Signature

Date: _____

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Issues Being Looked For:

- Posting, sharing or viewing sexually explicit, vulgar or illegal webcam sessions, images & videos (content)
- Posting, sharing or viewing sexually explicit texts, emails, or communication
- Posting, sharing or viewing any harassing or malicious internet posts or texts
- Posting or sharing any inappropriate personal information online
 - Home or Cell Phone Numbers
 - Home or School Name / Address
 - Inappropriate language or content
- Not updating and running antivirus and anti-spyware programs (at least weekly)
- Missing a scheduled Check-Up date
- Not adhering to established consequences if an Issue is discovered
- Using any 3rd party digital tools & technologies if any of the established consequences are in effect.
- Add Your Own

Consequence Options:

(circle those that apply)

In the event that any of the "Issues" stated herein are discovered during a Check-Up, the Consequences circled below shall be in effect for a period of

_____ ☐ Days ☐ Weeks ☐ Months ☐ Other

- Digital Device Usage Suspension / Removal
- Digital Device Service Suspension / Removal
- Limited Internet Hours
- Relocation of Computer / Digital Device to "Common Area"
- Create Your Own

Potential Rewards to Earn:

(circle those that apply)

In the event that none of the "Issues" stated herein are discovered during a Check-Up, a Reward will be offered.

- Modification of Check-Ups Schedule
- Elimination of Check-Ups
- Allowance (Financial or Gift)
- Mutually Approved Software
- Mutually Approved Hardware or Digital Device
- Mutually Approved Games
- Continued Use of Approved Digital Device(s)
- Create Your Own

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