



THE QUSTODIO FAMILY DIGITAL AGREEMENT

This Family Agreement will help you establish rules and guidelines on internet and device use. It's also a great way to start a conversation with your child about internet safety and behavior.

All for one and one for all!

All family members should agree on and sign these values. Get involved and print as many copies as you need! Start displaying safe and responsible digital behavior to your kids today and encourage them to do the same. It will pay off big time in the future.

What do I need to do?



Download and print
this document.



Find a quiet time to sit down
with your child and agree on
the terms together.



Sign the document together
and put it somewhere visible
(e.g. on the wall or the fridge door).



Log in to Qustodio and set
the rules you both agreed on.



I'll stay safe

- I will tell my parents right away if I come across any online content that makes me feel uncomfortable, sad, or upset
- I'll keep all my personal information private including my home address, school name and address, email, home and cell phone numbers, and passwords
- I agree that my parents may supervise my digital activity with **Qustodio**
- I agree that my parents may filter whatever they consider to be inappropriate online content for me with **Qustodio Web Smart Filters**
- _____

i You can set the Web Smart Filters in the **Web Browsing Rules**. Our smart filters block inappropriate content, even in private browsing mode.

I'll be responsible

- I agree to balance my time between technology, media, school, and other activities
- I'll respect what my parents define as study time, bedtime, dinner time, etc.
- I agree that my parents may limit screen time and games and apps use with **Qustodio**
- I will not use mobile devices or other screens during the following times:
Weekdays: _____
Weekends: _____
- _____

i Excessive screen time has been associated with obesity, lack of sleep, school problems, and other behavior issues. Limit entertainment screen time to less than **one or two hours per day**. Monitoring and blocking games and apps usage is a Premium-only feature. You can set it in **Rules > Application rules**.



I'll be careful

- I will never arrange to meet someone in the real world that I have only met online (without my parents' knowledge and permission).
- I agree that my parents may monitor my Calls & SMS with **Qustodio**
- I agree that my parents may track my location with **Qustodio**
- _____

i Location tracking and Calls & SMS monitoring will give you added peace of mind. What's more, in an emergency your child can send you **Panic Alerts**.
These are all Premium Features. You can set them in the **Rules menu**.

I'll be respectful

- I will be polite and show good manners by not looking at my phone while talking to someone or during meal times
- I will respect other people online by only sending and posting friendly messages
- I agree that my parents may monitor my social interactions with **Qustodio**
- _____

i Talk to your child about the importance of being a good "digital citizen" and discuss the serious consequences of online bullying. If your child is the victim of cyberbullying, it is important to take action with the other child's parents, and the school if appropriate.
Facebook Monitoring is a Premium-only feature. You can set it on: **Rules > Social Monitoring**.

I agree to the above terms

I will help my child to follow this agreement and will set an example of safe, respectful, and responsible digital behavior.

Child's signature

Parent's signature