

LET'S BE ONLINE TOGETHER



Our digital agreement

The agreement is accepted by:

(Fill in names of family members.)



The online world can be a great place offering so many possibilities to progress, have fun and relax.

Even though it's easy to be mean to someone in the online world, we refrain from such behaviour.

..... (name/s of minor/s) promise(s) to discuss any disturbing content with (family member/trusted person name). In case someone's not being nice to other people online, (family member/trusted person name) should be informed about it.

Online games, screen time and security

Gaming is fun and can even develop our skills, but still, it should be approached responsibly. To get the chance to explore exciting offline activities too, screen time should be limited.

- Playing time after school is limited to ____ minutes.
- Playing time on the weekends is limited to ____ minutes per day.
- Playing time during holidays is limited to ____ minutes per day.



There are moments when no phones should be used, unless we agree to do so. Such as family gatherings, cinema, important talks, school... And some more:



(Fill in activities that should stay offline unless otherwise agreed.)

Using digital devices before sleep? Not the best idea if you want to rest well. Smartphones, tablets, and laptops might spend the night in another room, getting ready for the next day. In general, (name/s of minor/s) can use digital devices until PM.

Online offers are so attractive! Nevertheless, when eager to purchase new equipment or character in a game, or spend any money while playing, the decision should be discussed with: (family member/trusted person name) Also, adults are allowed to check out privacy and security settings regularly.

..... (name/s of minor/s) use(s) strong passwords and protect(s) personal data. When in doubt what passwords to use and how, (family member/trusted person name) is there to help.



Social media

Social media is helpful for catching up with friends. But what about adding new ones? It's mostly fine too, but just to be sure, (*name/s of minor/s*) should discuss the new requests with (*family member/trusted person name*). At the same time, (*name/s of minor/s*) try to communicate with people they know personally and who preferably belong to the family.

The social networks themselves set up some rules we hold on to. Be it the age restrictions, community rules or steps that should be taken to report a user that's not being nice to others. (*name/s of minor/s*) accept these rules. Any doubts or exceptions can be discussed with (*family member/trusted person name*).

Likes are tempting, but when it comes to sharing photos, videos or other content, (*name/s of minor/s*) never share anything insulting or intimate. When in doubt which content is appropriate and which not, (*family member/trusted person name*) should be addressed.



Transparency and discussion

We know the importance of parental control, we respect it and openly talk about it. Any doubts are always openly discussed.

When (*name/s of minor/s*) receive(s) suspicious content or someone asks them to do something online, like clicking on a link or downloading a file, it's best to check with (*family member/trusted person name*) if it's OK to do that.

Downloading files, games or apps can be tricky. But it's mostly fine if:

- They come from a reliable game developer.
- The choice had been discussed with an adult.
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

(Fill in more conditions if necessary.)



Anytime (*name/s of minor/s*) feel(s) confused or hopeless, which is completely normal and happens to everybody from time to time, (*family member/trusted person name*) can be asked for advice or help. We know we can discuss anything and share our insecurities.

SIGNATURES

This Digital Agreement has been created by ESET software spol. s r.o.
and consulted with PhDr. Jarmila Tomková, a psychologist and lecturer.



How to navigate in the online world safely? [Watch Hey PUG!](#), ESET's fun animated series on Safer Kids Online YouTube channel.