DEAR PARENT OR GUARDIAN,

Your teen participated in the MBF Teen Safety Matters® program today. This program teaches teens about emotional, physical, and digital safety. It is based on the latest research and has been reviewed and endorsed by national experts.

We would like to share with you what your teen learned and suggest how you can continue these safety lessons at home. Just like other subjects, the more you practice with them, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at www.mbfpreventioneducation.org and/or download our free "Child Safety Matters" app from the App Store or Google Play.

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RESOURCES TO LEARN MORE

» www.iROC2.org
» www.nsteens.org
» www.mbfpreventioneducation.org

MBF TEEN SAFETY MATTERS SAFETY RULES

Know What’s Up  Spot Red Flags  Make a Move
Talk It Up  No Blame | No Shame
ACTIVITY
Complete the following digital safety contract with your teen and post it in a visible location to remind you both of your commitment to work together to keep them safe online.

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:
Some prohibited behaviors may include: (i) posting, sharing or viewing sexually explicit material, (ii) sharing inappropriate personal information, cyber bullying others, not using security (anti-virus software), using technology during clear restricted use times (during school, bedtime, etc). Build your list with your child - 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:
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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.

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.

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