

### General Rules:

This is a great way to outline some basic household rules. This can be anything you choose, whether it is related to technology or not. Technology rules will have their own section, so attempt to limit it to general household guidelines. Creating a solid foundation of five rules allows for students to have a good idea of what is expected of them.

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### Technology Rules:

Technology rules relate to how long your child may be on technology, where the technology is and isn't allowed, and what they are allowed to do. Remember that technology doesn't always have a screen, so clarify which electronics they may use as well. I personally recommend 1 hour of screen time and 2 hours of electronic usage after school, including homework time. Decide what is best for your family and lifestyle and help your children follow these rules. Again, I recommend five because it allows for a solid foundation.

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Internet Rules:

Internet rules are different from technology rules. Outlining what your child can and can't do on the internet is so important. This is how we begin to prevent cyberbullying and keep our children safe from online predators. I recommend using my internet guidelines, but you are more than welcome to personalize them for your family and your child. Be aware and be conscious of what your child is doing and seeing and sharing online.

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Consequences:

Consequences are equally as important as rules. If there is nothing stopping a child from breaking a rule, what is the point of creating the rule? This does not necessarily have to be punishment, but reminding your student that every action has a consequence, whether good or bad, is crucial. Personalize these to how your student responds best. Some students change their behavior if they lose privileges, while others respond to physical punishment. Know your child and plan accordingly.

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The final section for this Acceptable Use Policy is the part where you and your student discuss the Acceptable Use Policy. You make sure that your student understands all of the rules and consequences before asking them to sign it. Make sure you as the parent/guardian also sign this document. Not only is this policy for your student, but as the parent, you need to model how you would like your student to behave online.

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Signature of Student and Date

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Signature of Parent/Guardian and Date