

Household Facebook Rules and Expectations:

*From "The Smart Parent's Guide to Facebook:
Easy Tips to Protect and Connect With Your Teen"*

Complete this contract with your teenager to make sure that family rules and expectations for Facebook are understood and agreed upon.

Family Name: _____

Date of Contract: _____

Name(s) of Teen(s): _____

The following items describe my rules and expectations regarding the use of Facebook, the consequences that will be implemented if those rules are not followed, and the rewards that will be available if the rules are followed.

1. Times of Facebook Use.

In our family, Facebook may be used on the following days and times:

Monday: During the hours of _____ to _____, up to a maximum of _____ hours.
Tuesday: During the hours of _____ to _____, up to a maximum of _____ hours.
Wednesday: During the hours of _____ to _____, up to a maximum of _____ hours.
Thursday: During the hours of _____ to _____, up to a maximum of _____ hours.
Friday: During the hours of _____ to _____, up to a maximum of _____ hours.
Saturday: During the hours of _____ to _____, up to a maximum of _____ hours.
Sunday: During the hours of _____ to _____, up to a maximum of _____ hours.

If you use Facebook outside of these hours, or use it longer than you are supposed to on a given day, then the consequence will be:

2. Inappropriate Facebook Use.

In our family, we have high expectations regarding the use of Facebook. You will use it in a responsible manner, be polite to everyone online, and remember that your online life is a reflection of who you are in real life. The following is a list of behaviors that our family considers inappropriate, and the consequences if a rule is broken.

Rule #1:

Consequences:

Rule #2:

Consequences:

Rule #3:

Consequences:

Rule #4

Consequences:

3. Rewards:

If Facebook is used appropriately for an entire week, without breaking any rules or using it outside of the above times, then you will receive the following reward:

4. Weekly Check-In Times

Each week, you must have a 15-30 min check-in session with one or both parents regarding your Facebook use for the week. During these times, you must share your new friends for the week, new applications that you are using, and any new pictures or video that you have posted.

Check in Day: _____

Time: _____

5. Signatures:

[parent]

[parent]

[teen]

[teen]

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