



The D.O.G. Family Agreement

Our agreement:

Who will help us remember:

What will we do if the agreement is forgotten or broken?

Date:

Review date:

Signatures:



D.O.G. Family Agreement Information

Online life works best when everyone knows what is expected. Create this agreement together so each person can share what they enjoy, what they need and what helps them feel safe. Choose a calm time to talk, write your decisions on page 1 and review them whenever routines, devices or apps change.



D.O.G. REMINDER: PAUSE - THINK - CHECK - ASK - PROTECT - BLOCK & TELL - RESET

Let's begin

- Which connected devices do we use at home? Include phones, tablets, consoles, TVs and smart devices.
- What do we enjoy doing online, and which games, apps and websites do we use most?
- Which rules or routines already work well, and what would we like to change?
- How will adults model the same respectful and balanced habits?

Pixel's digital wellbeing check-in

- When and where will we have screen-free time, including during meals and before sleep?
- What signs tell us that we need a break or RESET?
- How will we ask for help if online time starts affecting sleep, learning, relationships or wellbeing?



Fizz's sharing and privacy check

- Which details must stay private, such as our full name, school, address, location, passwords and personal photos?
- Will we ask permission before sharing a photo or information about someone else?
- Do we understand that livestreams and disappearing messages can still be recorded or shared?
- Who will help us check privacy, location and contact settings?

Pixel's top tips for passwords

- Use three random words to make a password long and memorable.
- Use a different password for each important account. Avoid names, birthdays and other easy-to-guess details.
- Keep passwords private and turn on two-step verification where available. A trusted adult can help manage a child's account safely.

Content and spending

- How will we decide whether an app, game or video is suitable?
- What will we do if information seems unreliable, frightening or too good to be true?
- Who must approve downloads, in-app purchases and subscriptions?

Communicating online

- Who can contact us or play with us, and what will we do if an unfamiliar person gets in touch?
- How will we be kind, respectful and fair to other people online?
- We will never arrange to meet an online contact without a trusted adult's knowledge and support.

If something goes wrong

- Pause and tell a trusted adult. Do not reply or delete anything; an adult can help save evidence, block and report.
- If anyone asks for photos, personal information, a secret conversation or a meeting, stop contact and tell a trusted adult straight away.
- Mistakes can be fixed. No one should lose access to help because they are worried about getting into trouble.

Final thought

Agree calm, fair responses and choose a review date together.

