



House Rules for eSafe Fun

Here are some simple rules that should be followed in regards to using technology at home

I ask permission:

- I check with a parent/adult before I use any device (iPad, iPod, computer, tablet, phone, DS, Xbox, Wii, Playstation).
- I must ask permission to use the internet (on any device or computer).
- My parent or carer must log me on.
- I cannot use the internet unless my parent or carer is there (or knows exactly what I'm doing).
- I ask permission before I chat with a friend.
- I ask permission before I download a game or app.
- I ask permission before I purchase anything online.
- I ask permission before I enter any competitions.
- **When I am asked to log off, I do that.**

I have time limits:

- There are times when I am not allowed to use any devices.
- I must have some technology-free time each night before bed.
- I never use internet devices in the bedroom.
- There is no technology allowed in my bedroom at night so that I sleep well.

I protect my passwords:

- My parent or carer **has my passwords** for any device, app or website I use.
- I do not share my passwords with anyone except my parent or carer (unless they give me permission to share).

I must never talk about myself or my family on the computer or on a device:

- I must never share a photo online without permission.
- I must never mention my school or home address.
- I must never mention the team where I play sport.
- I must never mention when we are going on holidays.

I am only allowed on some sites, apps and games:

- I have a list of websites and apps that I am allowed to visit or use.
- I can only use programs or apps that my parent/carers allows.
- I must never click to download anything without permission.
- I ensure all of my app profiles are set to private.

I must not talk to people that I haven't met in person:

- I check with my parent or carer before I chat with someone, even if I think I know who they are.
- I can only message others if I have permission from my parent or carer.
- I do not accept a message from anyone until an adult has said it is ok.
- I do not play with people I do not know inside games (like Minecraft or Fortnite).