



Social Media Contract

I will not send threatening or mean texts, or post harmful social media to others.

I will not use social media after 9:30 p.m. [or other time here], and will keep the phone at a charging station that is not in my bedroom.

I will give my social media log-in information to my parent(s), and understand he/she can review at random times without permission.

Any social media account I use will be set to "private."

I understand my time on social media is limited to X minutes per day. [We recommend 120 or minutes or less, based on research.]

I will not bring my phone to the family meals or events.

I promise to alert my parents if I receive suspicious text messages or social-media posts from strangers or people I don't know.

I will not send any pictures of myself partially or fully naked to anyone because I understand there is no guarantee of privacy. [We recommend girls have a response in mind if and when they are asked to send these pictures.]

*Bonus: I will use social media at least once a week to share positive and inspiring content for girls.

I understand that having social media is a privilege and not a right. If I fail to honor this contract, my phone will be taken away for one month. [Amount of time may depend on severity of situation.]

Signed _____ (Girl)

Signed _____ (Parents)

Date _____