

Children agree to

- Talk about what I do online and the technology I use
- Show you what I do online
- Check before I download a new app
- Share games I play
- Join in with family activities
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Adults agree to

- Stay calm when problems happen with technology
- Ask permission before posting photos of family
- Discuss apps and check them out together
- Join in with technology activities
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Everyone agrees to

- Family time without technology
- Switch off at an agreed time each night
- Talk about what we do online, just as we do with other activities
- Keep screens out of bedrooms
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