



CDL recommends...

Social Media

Follow the minimum age limits to Children's Online Privacy Protection Act (COPPA)

13 years-old: Facebook, Instagram, Pinterest, Tumblr and Snapchat.

16 years-old: WhatsApp & Tik Tok

Check that privacy settings for the internet and all social media sites are set to the strictest levels.

Create your own social media accounts and agree with your children that as part of their safe social media use they need to befriend you! This means that you can see whom your child has befriended on social media. It will also show you what accounts your child is visiting by monitoring their "likes".

Speak openly about the importance of keeping personal information private. Keep up to date! Learn about social media, websites, apps and games that your children are using. Also, become up to date with your child's internet "language".

Conduct random searches on your child's private messages and social media accounts. Create ground rules for internet use. The best way for families to agree on ground rules is to create a contract that all parties must sign, stick to and review regularly.

Gaming

First check the age rating according to the Pan European Game Information: www.pegi.info

Technology at Home Task Force:

Pauline Baudon, Secondary Counselor: pauline.baudon@cdl.ch

Betty van Pappelendam, Primary Counselor: betty.vanpappelendam@cdl.ch

Jacob Rosch, Head of Educational Technology: jacob.rosch@cdl.ch



Technology Contract

I know...

I am responsible for what I say online.
Everything I write or post can go public, even if I send it to a closed group or specific person. People can create fake identities online and I should not trust everyone I interact with.

I will...

- Keep my usernames and passwords private.
- Be open and honest with my parents about what I do online and whom I interact with.
- Follow the rules my parents, teachers and school set for my online activities.
- Keep personal information about myself, family and friends online private.
- Inform my parents and not get involved if I see something which I think may be harmful, dangerous or suspicious.
- Not engage in any cyberbullying, harassment or trolling of others online.
- Only meet people I get to know online if my parents agree to go along with me.

I can...

go online during the following times: _____

use the internet in the following spaces in the house: _____

access the following internet sites: _____

Student signature: _____

Parent signature: _____