

Family Digital Safety Toolkit

Author: Dr. Ann-Louise Lockhart, PsyD, ABPP – Board Member, American SPCC

In today's fast-paced digital world, it can feel overwhelming to keep up with what your kids are doing on phones, tablets, apps, and games. That's why we've created this Family Digital Safety Toolkit—to help you feel more confident and connected as you guide your child's digital life.

Inside this toolkit, you'll find:

- A step-by-step Digital Safety Checklist to protect your child online
- Guidance for setting up privacy, content, and parental controls on platforms like YouTube, Snapchat, TikTok, Roblox, and more
- Tips for building strong communication habits and digital responsibility
- A customizable Family Media Agreement you can create together with your child

This resource is designed to support open conversations, build trust, and empower your family to make safer, healthier tech choices—without fear or shame

Need more support?

Visit [Dr. Ann-Louise Lockhart's Parent Classes](#) or connect with her on [Instagram](#), [YouTube](#), or [LinkedIn](#).

Brought to you by American SPCC and Dr. Ann-Louise Lockhart, A New Day Pediatric Psychology



Family Digital Safety Checklist

Use this guide to ensure your child's digital life is as safe and supported as possible.

Device & Account Safety

- All devices have parental controls enabled (Apple Screen Time, Google Family Link, etc.)
- App downloads require adult approval
- Devices have password protection; kids don't have unrestricted access
- Bluetooth and location sharing are turned off when not needed

App & Platform Settings

- YouTube / YouTube Kids:
 - Restricted Mode ON (YouTube)
 - Search disabled (YouTube Kids)
 - Watch history reviewed weekly
- Snapchat:
 - Ghost Mode enabled
 - "Contact Me" set to "My Friends"
 - Quick Add disabled
 - Family Center linked (optional)
- TikTok:
 - Family Pairing enabled
 - Private account setting ON
 - Restricted Mode ON
 - Comments/messages set to "Friends" or "No one"
- Instagram:
 - Log in to your account
 - Go to App Settings
 - Select Supervision
 - Click Create Invite and choose how you'd like to invite your teen.
 - Verify their age (13 or older)
- Gaming:
 - Roblox: Account Restrictions ON, chat settings limited, PIN set
 - Fortnite: Parental controls ON, friend requests OFF
 - Minecraft: Xbox Family Settings used to manage multiplayer/chat

Family Digital Safety Checklist

Use this guide to ensure your child's digital life is as safe and supported as possible.

Monitoring Tools (Optional)

- One or more parental control apps set up
- Kids are aware tools are used to protect, not spy

Communication Habits

- Have open, weekly conversations about online activities and feelings
- Kids know how to block/report users and unsafe content
- Discuss and revisit family expectations around online behavior
- Reinforce that no question is off-limits and mistakes can be shared safely

Digital Wellness

- Daily screen time limits are agreed upon and followed
- Devices are put away during meals and before bedtime
- At least one "tech-free" zone or time established (e.g., bedrooms, mornings)
- Parents model balanced and respectful technology use

Family Media Agreement

Create shared expectations around digital use to support trust and balance.

What It Is:

A Family Media Agreement is a personalized contract created by caregivers and kids together. It helps set clear boundaries and responsibilities for how screens, apps, games, and tech are used in your home. It's not about punishment—it's about partnership.

What to Include:

Core Values

- Respect each other's privacy and time
- Use technology in ways that uplift, not harm
- Make room for rest, relationships, and responsibilities

Screen Time Expectations

- Daily screen limits by age and activity (e.g., 2 hours max after school)
- Tech-free times (dinner, family time, bedtime)
- Exceptions for school work or travel

Safety Rules

- Never share passwords, personal info, or addresses
- Always tell a parent if something feels scary, inappropriate, or confusing
- Don't talk to strangers online or accept unknown friend requests
- Use only parent-approved apps or games

Communication

- We'll have regular check-ins, not surprise checks
- Mistakes won't lead to shame—but we will talk about them
- Everyone has the right to a break from screens (including adults!)

Signatures & Review

- Everyone signs the agreement
- Set a date to revisit and update it every few months

Want to Get Started?

Download the free printable Family Media Agreement template and checklist

[Visit Now](#)

Brought to you by American SPCC and Dr. Ann-Louise Lockhart, A New Day Pediatric Psychology



Family Media Agreement

A collaborative commitment to safe, respectful, and balanced technology use in our home.

Our Family Values

We agree that technology is a tool—not a substitute—for connection, learning, and creativity. Together, we commit to:

- Respecting each other's time, space, and privacy
- Using technology in ways that uplift and don't harm
- Making room for real-life relationships, rest, and responsibilities

Screen Time Expectations

We understand that screen time should be balanced with other important areas of life, like sleep, schoolwork, movement, play, and time together.

We agree to:

- Use screens for no more than:
_____ hours per day on weekdays
_____ hours per day on weekends
- Have tech-free times, including:
 - During meals
 - One hour before bed
 - During family activities
 - Other: _____
- Ask permission before downloading new apps or games

Safety & Privacy Rules

We agree to stay safe and smart online by following these rules:

- Never share personal information like my full name, school, address, or phone number
- Never share passwords with anyone outside of my parents/caregivers
- Never talk to or accept friend requests from people I don't know in real life
- Tell an adult if I see or hear anything online that feels upsetting, confusing, or unsafe
- Only use apps, games, or websites that have been approved by a parent/caregiver

Family Media Agreement

A collaborative commitment to safe, respectful, and balanced technology use in our home.

Communication & Responsibility

We agree to keep communication open and respectful. Parents/caregivers may check devices or accounts, but will always let me know when and why. If I make a mistake, I can come to a trusted adult without fear of being punished or shamed.

We agree to:

- Talk regularly about what we're doing online
- Take breaks from screens when asked or needed
- Help each other remember and stick to these agreements
- Discuss and update this agreement as I grow and gain more responsibility

Signatures

We understand this agreement is built on trust and mutual respect. We agree to these guidelines and will revisit them together every few months.

Child Name

Signature

Date

Child Name

Signature

Date

Child Name

Signature

Date

Child Name

Signature

Date

Child Name

Signature

Date

Child Name

Signature

Date

Parent/Caregiver Name

Signature

Date

Parent/Caregiver Name

Signature

Date

Parent/Caregiver Name

Signature

Date

Brought to you by American SPCC and Dr. Ann-Louise Lockhart, A New Day Pediatric Psychology

