



FAMILY SOCIAL STANDARDS AGREEMENT™

*“Usually when you’re ruled, you never agree with all the rules, you just abide by them. But if you have **standards** and if everyone contributes to the way you’re going to do things, you end up **owning** how you do things.”*

– Mike Krzyzewski, Duke Men’s Basketball Head Coach

Work Together As A Team

In our home, we’re a team, and every great team has standards.
We create and live up to these standards together, as one team.
We do this because it brings out the best in us and in those we love.

Play By These Standards

We will discuss this agreement together and fill it out in pen.
We will decide what happens if we don’t live up to these social standards.
We will choose where to hang the signed agreement so that everyone sees it every day.

Win The Game Of Social Media™

Social media is the biggest game in the world. And we’re all playing.
In this game, being a good teammate means practicing these standards every single day, no matter who you are in our family.



OUR FAMILY SOCIAL STANDARDS

1. We prioritize what's important.
 - Chores
 - Homework
 - Playing outside for _____ minutes
 - Practicing _____ for _____ minutes
2. We will not use technology (texting, using social media, gaming, etc.) during these times.
 - While eating meals together
 - After _____ PM
 - When I am driving
 - When in the _____ (room)
 - While _____ (activity)
 - When someone is talking to us
3. Before joining a new social platform or app, we will write to each other (text or email) stating why it's important that we join and how we plan to use it.
4. We will accept friend requests from people who meet certain criteria. Check all that apply:
 - You've met the person IRL.
 - You know them well enough to introduce them to your family or best friend.
 - Your parent(s) has OK'd their friend request.
5. Every _____ months, we will fill out the Passwords Lineup and seal it in an envelope in case of an emergency.
6. We will not post embarrassing or inappropriate photos/videos of each other or other people.
7. We will not share personal information on social media.
 - Geo-location
 - Phone numbers
 - Other: _____
 - Email addresses
 - Vacation dates or location
 - (instead, we'll share photos 1-on-1 with friends only)
8. We will talk through tough digital scenarios face-to-face, giving each other advice and support.
9. We will review our Social Standards as a team every _____, updating them as needed.

Save the date to update: _____

Parent signature(s)

Child signature(s)

