# Family Cyber Safety Framework – House Rules

This document defines our family’s digital House Rules. It outlines how we use technology safely, respectfully, and responsibly. The goal is to create a safe, balanced, and enjoyable digital environment for everyone at home.

## 1. General Rules

• Treat others online with respect and kindness.
• Use devices only for approved purposes.
• No sharing of family or personal photos without permission.
• Always log out from shared or public devices.

## 2. Roles and Responsibilities

• Parents are responsible for approving new apps, devices, or online accounts.
• Children must inform parents of new games, social networks, or online friends.
• Each family member helps keep devices updated and secure.
• Everyone reports suspicious messages, links, or requests immediately.

## 3. Digital Budget and Purchases

• App or online purchases must be approved by parents.
• Keep track of family subscriptions and renewals.
• Avoid in-app purchases without consent.
• Review monthly digital spending as a family.

## 4. Screen Time

• Define specific time limits for daily device use (e.g., 2 hours/day for children).
• No screens during family meals.
• All devices must be turned off one hour before bedtime.
• Parents model balanced device use.

## 5. Privacy and Security

• Never share passwords, except with parents.
• Keep profiles private on social networks.
• Use strong passwords and enable two-step verification.
• Do not share personal information such as address, school, or phone number online.

## 6. Communication and Transparency

• If something inappropriate or confusing happens online, talk to a parent immediately.
• Discuss new technologies, apps, or trends openly.
• Celebrate positive online behavior and learning experiences.

## 7. Review and Updates

• The House Rules should be reviewed once a year or when a new device, app, or situation arises.
• Update roles, rules, and screen time limits as the family grows and changes.