



Oh hey,

I'm Mellissa

I'm a wife, mom of four amazing kids, a teacher, I love teaching about positive discipline, and obsessed with finding ways to create harmony and joy in family life.

I hope you find our Social Media Contract for Teens and Tweens helpful.

We would love to hear how you have your experiences using our printables and family tools.

Mellissa@TheBeehiveConnection.com

Let's do this!

Our Family Social Media Agreement

A partnership between _____ (teen) and _____ (parents)

Our Shared Values and Goals

We believe that social media can be a positive tool for connection, creativity, and learning when used responsibly. This agreement is designed to help us use social media safely while building trust and maintaining open communication.

Time Management

I (teen) agree to:

Follow these screen time limits:

School days: _____ hours max (recommended: 2-3 hours)

Weekends: _____ hours max (recommended: 3-4 hours)

Not use social media during these times:

School hours (except during lunch)

Family meals

After _____ PM on school nights

During homework time (unless required for school)

Keep all devices in the family charging station during:

Overnight (from _____ PM to _____ AM)

Family activities

Meals

Privacy and Security

I agree to:

- Share my passwords with my parents (these will only be used in emergencies)
- Keep my accounts private/friends-only
- Never share personal information online, including:
 - Home address
 - Phone number
 - School name/location
 - Birth date
 - Financial information
- Review my privacy settings with a parent monthly
- Get parent approval before:
 - Creating new accounts
 - Downloading new apps
 - Accepting friend requests from unknown people
 - Joining online groups or communities

Our Family Social Media Agreement

Content Guidelines

I will:

Follow the "THINK" method before posting:

T - Is it True?

H - Is it Helpful?

I - Is it Inspiring?

N - Is it Necessary?

K - Is it Kind?

Get permission before posting photos/videos of others

Never share or request inappropriate content

Never share my location publicly

Remove posts if asked by family or friends

Think about my digital footprint and future opportunities

Safety Protocol

I will immediately tell my parents if:

- Someone asks to meet in person
- I receive inappropriate content
- Someone makes me feel uncomfortable
- I witness or experience cyberbullying
- I make a mistake or break this agreement
- I'm unsure about anything online

Cyberbullying Response Plan

If I encounter cyberbullying, I will:

- Not respond or retaliate
- Take screenshots as evidence
- Block the person
- Tell my parents immediately
- Report the behavior to the platform
- Seek help from trusted adults if needed

Parent Commitments

We (parents) agree to:

- Respect your privacy when monitoring
- Listen without judgment when you come to us
- Help you learn from mistakes
- Review and adjust this agreement as you demonstrate responsibility
- Be open to discussion about new apps/platforms
- Model healthy digital habits
- Help you if you encounter problems online
- Maintain reasonable consequences for breaking rules

Our Family Social Media Agreement

Consequences

To be decided together. If these guidelines aren't followed:

First violation: Warning and discussion

Second violation: _____ days reduced access

Third violation: _____ days no social media

Serious violations: _____

Special Circumstances

Exceptions to these rules may be made for:

- Special family events
- School projects
- Emergency situations
- Other: _____

Agreement Duration

This contract will be reviewed and updated every _____ months.

Signatures

Teen: _____ Date: _____

Parent: _____ Date: _____

Parent: _____ Date: _____

Emergency Contacts and Resources

Family tech support person: _____

School counselor: _____

Cyberbullying hotline: _____

Online safety website: _____

Our Family Social Media Agreement

Approved Platforms and Time Limits

Platform	Daily Time Limit	Special Rules
TikTok		
Instagram		
Discord		
Snapchat		
Facebook		

Notes and Amendments

(Use this space to add family-specific rules or modifications)

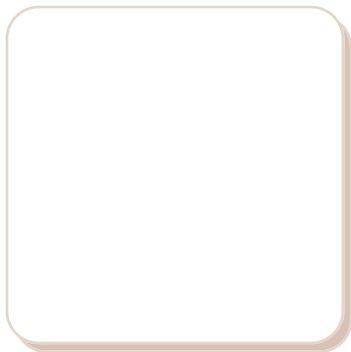
Remember: This agreement is about building trust and keeping you safe, not restricting your freedom. We can discuss and modify these terms as you demonstrate responsible behavior and digital maturity.

What's Next?

The Happy Family Guide is the first step in creating more harmony and having a more balanced home and work life. You have learned how to create more harmony by learning how to communicate better, inviting cooperation in getting things done, and connecting to create a more purposeful life.

The next step is taking that harmony we are creating and putting it into action with our **The Organized Family Starter Pack**. It's just \$7

**CHECK IT
OUT
HERE!**



Do you want to implement a proven system to create balance in your life and family? Check out the Organized Family System. **Coming Soon!**



let's be friends



@TheBeehiveConnection

