

# TEENAGER'S PLEDGE

## PURITY AND TECHNOLOGY

Although technology is always changing, my commitment to remain mentally and physically pure for God and my future spouse is settled. Because of my desire to abstain from the appearance of evil (1 Thessalonians 5:22), to walk in the Spirit (Galatians 5:16), and to respect my parents' wisdom and loving care to protect me from any harm the Internet might cause, I promise to do the following:

1. I agree to be open about my use of the Internet with my parents. While they agree to respect my right to privacy, I will be transparent in my use of the Internet so they can come to trust me completely.
2. My parents and I will regularly review my use of the Internet, and I will respect their wisdom and cautions they may give to me.
3. Together, we will establish rules about when and how I can use the Internet. I agree to abide by whatever time limits and access sites they may set for using the computer or any other communication device, understanding that these are privileges that they are granting.
4. I will never use any other computer or device to access the Internet (such as a friend's computer) without keeping my parents informed.
5. I will never give out my Internet password to anyone (even my best friends) or let anyone besides family members have access to my Internet connection without my parents' knowledge.
6. I will never agree to meet or go with someone or have any contact with anyone I "meet" on the Internet without my parents' permission. I will not enter a chat room without my parents' permission.

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7. If anyone I meet on the Internet tries to give me information or send me something that my parents would be upset about, I will tell my parents right away.
8. Realizing that identity theft is now epidemic, I will never give out any information over the Internet, like my family's address, telephone or cell phone numbers, or any other personal information. If anyone requests personal information about me or any other family member, I will report it to my parents right away.
9. I will never use the Internet inappropriately, such as to "bully" or threaten anyone over the Internet or anywhere else.
10. I will never send any sort of picture of myself or any family member to anyone who asks for it, without permission.
11. Because Internet pornography addiction is now rampant, I will never access or download any pictures or information of a sexual nature that my parents would disapprove of.
12. I will be conscious of how much time I spend on the web, phone, and other devices and will not let the use of these distractions interfere with my sleep, schoolwork, and face-to-face relationships.
13. I will never send pictures or messages that would be considered "sexting."
14. When I am worshipping at church, I will not text or surf the Internet.
15. I will try my best to show my parents that I can be a responsible user of the Internet, so they can be proud of me for being responsible.

I agree to all of these pledges:

**Teenager's Signature:** \_\_\_\_\_

This commitment, originally posted at paulchappell.com and reprinted with permission, is adapted from *The Digital Invasion* by Dr. Archibald Hart and Dr. Sylvia (Hart) Frejd.

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