



COME TO ME FIRST AGREEMENT

One Rule That Matters When Something Goes Wrong

This agreement is designed to reduce the fear that keeps kids from asking for help. The goal is not to remove every consequence - it is to make sure safety comes before punishment when a child is scared, threatened, embarrassed, or being exploited online.

OUR FAMILY PROMISE

If I come to you because someone online is threatening me, asking for sexual content, blackmailing me, pressuring me, scaring me, asking me to keep secrets, or making me uncomfortable, you will help me first. We will deal with safety before punishment.

THE CHILD/TEEN PROMISES

- ☐ I will come to a trusted adult if someone asks me for nude or sexual images.
- ☐ I will tell an adult if someone threatens to share something, hurt me, expose me, or contact my friends/family.
- ☐ I will not send money or more content to make a threat 'go away.'
- ☐ I will tell an adult if someone asks me to move a conversation somewhere secret or says I cannot tell anyone.
- ☐ I understand that asking for help does not mean I am admitting I caused what happened.

THE PARENT/CAREGIVER PROMISES

- ☐ I will listen before I lecture.
- ☐ I will focus first on stopping the threat, preserving evidence, and protecting my child.
- ☐ I will not make my child face an online offender or scammer alone.
- ☐ I will remind my child that coming to me quickly is always better than hiding a problem.

Child/Teen Signature: _____ Date: _____

Parent/Caregiver Signature: _____ Date: _____