

Our Family Phone Agreement

We've had the conversations. Now we're putting it in writing.

What This Phone Is For

We agree that this phone is mainly for:

- Staying connected with family
- Safety — getting home and reaching parents in emergencies
- Other: _____

Entertainment is allowed in moderation — but it is not the primary purpose of this phone.

Daily Phone Rules

- Phone-free times: _____
e.g. meals / homework / bedtime / from ___ PM to ___ AM
- Screen curfew (School nights): _____ PM Weekend: _____ PM
- No deleting messages or hiding apps.
- No accessing age-inappropriate apps, such as, adult chat or dating apps.
- Other: _____

If Something Goes Wrong Online

Child agrees to:

- Come to a parent before doing anything else.
- Screenshot before deleting any harmful content.
- Block and report when appropriate.

Parent agrees to:

- My first response will be to help, not punish.
- Listen before reacting.

Privacy — For Both of Us

Parents will monitor:

Fill in together — e.g. screen time reports, app list

Parents will not:

- Read private conversations without a specific reason.
- Share photos of the child publicly without asking first.
- Delete anything from the phone without discussing it.
- Other: _____

How to Earn More Freedom

When the following milestones are consistently met, we will review the rules and consider:

- More screen time
- More privacy
- Fewer parental restrictions

Milestones to reach:

- Following this agreement without constant reminders.
- Being honest when something goes wrong online.
- Phone habits not interfering with school, sleep, or family time.
- Other: _____

Signatures

By signing below, we both agree to honor this agreement — and to revisit it together as things change.

Child: _____ **Parent / Guardian:** _____ **Date:** _____

Next review date: _____ And then every: _____ months