Our family phone agreement

Read it together. Cross out what doesn't fit, add your own rules, then sign.

This phone is used by _____ Start date _____

I agree to

- [ ] Keep the phone away at meals and during homework.
- [ ] Ask before I download a new app or game.
- [ ] Only chat with people I know in real life.
- [ ] Tell a grown-up if a stranger contacts me, or if something online upsets or scares me.
- [ ] Never share passwords, my address or my school online.
- [ ] Think before I post: nothing I wouldn't show my family.
- [ ] Be kind. No mean messages, and I ask before I take or share photos of other people.
- [ ] Hand the phone over if a grown-up asks to look at it with me.
- [ ] _____

My grown-ups agree to

- [ ] Explain the rules and listen to my side.
- [ ] Stay calm when I tell them something went wrong online.
- [ ] Ask me before posting photos of me.
- [ ] Put their own phones away at meals too.
- [ ] Give me more freedom as I show I'm ready.
- [ ] Look at this agreement again with me on the review date.
- [ ] _____
- [ ] _____
- [ ] _____

Phone hours School days from _____ to _____ · Weekends from _____ to _____

At night The phone charges in _____ from _____

If a rule is broken, we agree that

Signed (me) _____ Signed (grown-up) _____ Review date _____

Grown-ups: review this at the start of each school year and before long holidays, and change it as your child grows.