DigiTogether

Made together by _____ and _____

Our Family Phone Agreement

Fill this in together, not for each other. Both of you make promises, and both of you sign. Stick it on the fridge, and look at it again in a month.

1 Our phone times

School days: _____ a day

Weekends and holidays: _____ a day

Phones rest at night from _____ to _____

- [ ] Homework and study come first
- [ ] Phones charge outside the bedroom at night

2 Phone-free together

- [ ] At meals, for all of us
- [ ] When we're out as a family
- [ ] While someone is talking to us
- [ ] _____

I PROMISE · CHILD

- [ ] To ask for more time, instead of sneaking it
- [ ] To ask before I install a new app or game
- [ ] To tell you if anyone online scares me, is unkind, or asks to meet
- [ ] Not to share my address, school or photos with people I don't know
- [ ] To stop when time's up, even when it's hard
- [ ] _____

I PROMISE · PARENT

- [ ] To explain my rules, not just set them
- [ ] To listen before I decide, and answer your asks quickly
- [ ] To stay calm if you tell me something went wrong
- [ ] Not to read your private chats
- [ ] To put my own phone down at meals and at our times
- [ ] To give you more freedom as you show you're ready

3 Our next step of trust

When _____, we'll _____

For example: when bedtime is kept for 3 weeks, you choose your own weekend time.

4 We'll talk about how it's going

Every _____ we'll look at our week together: one thing that went well, and one thing to try. We'll change this agreement together on _____.

Child signs _____ Parent signs _____ Date _____

Free from **DigiTogether**, the family trust app · digitogether.com

The DigiTogether app can keep these with you: limits, bedtime, asks, and a weekly report.