

Family Smartphone Agreement

This agreement is designed to help our family set clear expectations about smartphone use, safety, and respect.

Name: _____ Date: _____

Parent/Guardian Name(s): _____

Rules & Expectations

When & Where I Can Use My Phone:

1. I will not use my phone during:

- Meals
- Family time
- School (unless allowed)
- After ____ pm on school nights
- During face to face conversations
- _____
- _____

2. Notifications:

- When can they be on? _____
- When do they have to be off? _____
- What notifications can never be on? _____

3. Apps & Downloads:

- I will ask permission before downloading new apps, games, or joining new social media platforms.

4. Privacy & Safety:

- I will never share personal information (address, school, phone number) online.

5. I will tell my parent/guardian if someone online makes me uncomfortable or if I see inappropriate content.

6. Screen-Free Zones:

- No phones in:
 - Bedrooms after bedtime
 - Bathrooms
 - At the dinner table

7. Time Limits:

- My total screen time per day will not exceed ____ hours (as agreed with parent/guardian).

8. Digital Kindness & Citizenship:

- I will treat others with kindness and respect online.
- I will not post or forward hurtful, mean, or inappropriate messages.

9. Responsibility:

- I will keep my phone charged, safe, and know where it is at all times.

10. I understand that my phone is a privilege, not a right, and it can be taken away if I don't follow these rules.

11. Check-Ins & Conversations

- We will check-in every _____ (name the specific time of week or month) about how I'm using my phone, any concerns, and how I feel about my online experiences.

12. Modeling

- As the Parent/Guardian, I commit to modeling appropriate smart phone use outlined in 1, 4, 6 and 7 with the following exceptions:
 - _____
 - _____
 - _____

Child Signature: _____

Parent/Guardian Signature(s): _____ Date: _____

This agreement is an aid to help our family have an open conversation about screen time use and should be reviewed as often as needed. We recommend a monthly or quarterly renegotiation.