

Family Phone & Screen Agreement

Fill this in together at a calm time. Everyone in the family gets a say, and the rules apply to adults too.



The _____
family name

Why we are doing this

What does each person want? More sleep, fewer arguments, more time together, privacy?

Where and when

Phones charge overnight in: _____

Starting at: _____

Screen-free times:

- ☐ Meals
- ☐ Homework
- ☐ The hour before bed
- ☐ Car rides
- ☐ Other: _____

School-night limit: _____

Weekend limit: _____

Apps, games, and people

- ☐ We ask before downloading a new app or game.
- ☐ We only chat with people we know in real life, unless a parent says otherwise.
- ☐ Accounts stay private, with messages set to friends only.
- ☐ We never share our address, school, passwords, or private photos.
- ☐ Autoplay and extra notifications stay off.
- ☐ If someone online asks us to keep a secret from our parents, we tell a parent.

Our "tell us" promise: If anything online makes you uncomfortable, scared, or confused, you can tell us. You will not be in trouble and you will not lose your phone for telling us.

Our promises and how we will keep them

Parents promise to

- ☐ Put phones away at meals too.
- ☐ Never text while driving.
- ☐ Ask before posting a photo of you.
- ☐ Listen first when you bring us a problem.

Kids promise to

- ☐ Follow the times and places above.
- ☐ Ask before new apps, games, or accounts.
- ☐ Tell us when something goes wrong online.
- ☐ Treat people online the way we treat them in person.

If a rule is broken

Agree on this now, while everyone is calm. Keep consequences fair and connected to the rule.

Rules we will add later, as trust grows

We will review this agreement on:

Signed

Signature

Signature

Signature

Signature

Signature

Signature