

Kid-Friendly First Phone Agreement

"My First Phone Agreement"

This isn't a punishment—it's a plan.

PART 1: My Job as a Phone Owner

I agree to:

- ☐ Ask before downloading new apps or joining any new platform
- ☐ Keep my phone out of my bedroom at night
- ☐ Put my phone away at mealtimes and during family time
- ☐ Use respectful language in messages, texts, or posts
- ☐ Tell an adult if I see something scary, mean, or inappropriate
- ☐ Accept screen time limits (without fighting every time)
- ☐ Use tech to create, connect, or learn—not just zone out

PART 2: My Family's Role

My parents agree to:

- ☐ Give me a chance to earn more freedom over time
- ☐ Check in regularly—not spy without reason
- ☐ Stay calm and talk it out when there's a mistake
- ☐ Model healthy tech habits (yes, that includes them)
- ☐ Help me problem-solve online drama or peer pressure
- ☐ Update this agreement together as I grow

SIGN HERE

Child's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____