

WAIT  until 8th

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Our Family's Phone Plan

The phone belongs to my parents. They are permitting me to use this device, and I understand this is a privilege, not a right.

1

I recognize it is important for my parents to monitor what I do on my phone. Nothing on my phone is private. **My parents will use the following parental controls and monitoring tools on my phone:**

4

In our family, passwords are not secret. For any account on my phone requiring a password, I will share the password with my parents.

Accounts:

Passwords:

2

I promptly will answer calls and texts from my parents. My parents understand that I will not be accessible on my phone while driving or during (fill in the blanks below: school, sport practices, youth group):

5

My phone only will used during designated places and at designated times. **While at home, the phone will remain in these shared spaces:**

I understand that the phone is not allowed in these rooms:

3

Other spaces and times we want to protect as a family include:

6

The phone's curfew will be: _____

I will check the phone in with my parents at this time and understand it will not be available until: _____

The penalty for breaking or losing my phone is:

Our plan is to start with basic features on the phone while I learn how to use the phone safely.

THEREFORE, THE FOLLOWING FEATURES ARE **NOT** ON MY PHONE:

APP STORE

My parents are responsible for downloading and deleting apps. They have removed my ability to download and delete an app through parental controls.

If I would like a new app on my phone, I must talk to them about it and not attempt to download the app myself.

The apps I currently have on my phone are:

If I could add one app to my phone it would be:

I think it would be great to have this app because:

THE INTERNET BROWSER

I am not allowed to have the internet browser on my phone until my parents think I am ready for this responsibility.

The easy access to constant entertainment and plenty of inappropriate content make it a **privilege to be earned** instead of a given feature on my phone.

SOCIAL MEDIA

Social media is not allowed on my phone.

I understand many health and parenting experts do not recommend social media until 16+, and many don't recommend it at all.

When using my phone, I will remember what we value as a family!

We value people and know that people are always more important than screens. *Therefore:*

- We will put our phones down when someone is talking to us.
- We will stop using our phones if someone asks us to.
- We will try to be present and not distracted by our phones at special events like birthday parties, sibling's sports games and family gatherings.
- I will leave my phone in my backpack during class to show respect to my teachers and classmates.

We value time together as a family. *Therefore:*

- We will designate a time to unplug as a family and put our devices away. The day and time we will unplug together will be:

- When driving together, we will talk or daydream instead of scrolling on our phones.
- We will keep mealtimes device free.
- We will strive for shared screentime as a family. This might include watching a movie or a show or playing a game together instead of consuming individual entertainment on our phones.

We value kindness and respect in our family. *Therefore:*

- We will not use our phones to bully or hurt someone with unkind words or gossip.
- We will ask permission first before we take a photo or a video of someone with our phones.
- We will refrain from screenshotting a text message with one friend to laugh about the exchange with another friend.
- We will not record anyone's conversation on our phones to later embarrass or shame someone.

We value mental health. *Therefore:*

- We will talk often about how important it is to use our phone and other devices moderately. A good daily screentime limit for me is:

- Phones will not be allowed in the bedroom especially at night. **All experts agree phones in the bedroom disrupt sleep and sleep is crucial for mental and physical wellbeing.**
- We will delay social media until 16+.
- If pornography, a sext or a disturbing message, photo or video is sent to me on my phone, I will put my phone down and talk to my parents. I trust there will be no shame in this conversation, and I will remember my parents are here to support me.

We value safety in our family.

Therefore:

- I will remember that my parents love me, care about me and will help keep me safe. I must be honest and communicate with them if anything threatens my safety.
- I will alert my parent if anything alarming occurs on my phone.
- If I am with my friends and I need my parents' help, our code word or emoji to signal a needed pickup is:

- I will share with my parents any concern I have about the safety and mental health of a friend.
- We will be careful about which apps access our location. My parents will decide what is safe for location sharing on apps.
- We will remember not to text and drive.
- We will be on guard against unknown people and numbers on our phones. If we receive a message from an unknown number, we will not respond to it before talking to a parent.
- We will be careful about not sharing personal information on our phones such as a social security number, account information, password etc. Other examples of what not to text on our phone include:

We value modesty in our family.

Therefore:

- We do not share nude pictures with anyone or circulate nude pictures of other people. If someone asks me for a nude picture, I can say my parents monitor my phone.
- We will consider what people are wearing in a photo before we share it. Good examples of photos not to text or post include:

We value grace.

Therefore:

- My parents know this will be a learning process and mistakes will be made. I trust my parents will help me learn from my mistakes and will choose reasonable consequences for my actions.
- I will remember my parents are coaching me and rooting for me in the digital arena. They are engaged in what I do on my phone not to "catch me" in wrongdoing, but to help me make good decisions.
- **I will trust that there is nothing I can do or say on my phone that will damage my parents' love for me.**



OUR FAMILY'S CONSEQUENCES

I understand that breaking any of these rules or not adhering to our family values on my phone will lead to the following consequences:

