PARENTS AND FAMILIES

Family Phone Agreement

A one-page agreement your whole family fills out together, parents included.

STEP 1 · START HERE

Fill this out together at the table. Keep it short, then put it on the fridge.

Agreements work best when everyone helps write them, including the adults. Fill this out together at the table. Keep it short, then put it on the fridge.

Our phone-free times

1. Every day from _____ to _____ (our daily phone-free family time)
2. At meals: yes / mostly / not yet
3. One evening a week: _____

Our phone-free places

- [ ] The dinner table
- [ ] Bedrooms at night (phones charge in: _____)
- [ ] The car, for the driver
- [ ] Other: _____

What we'll do instead

1. _____
2. _____
3. _____

Parents promise

- [ ] We'll follow these too
- [ ] We'll say so when we slip, and put the phone down
- [ ] We'll talk, not lecture, when someone else slips

When someone needs an exception

Calls from family, work emergencies and anything safety-related always come first. Just say what it is.

We'll look at this again on: _____

Signed: _____ _____ _____ _____

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