

I AM EXCITED TO GIVE YOU THIS

PHONE

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits

You are allowed to use this phone _____ hours per day for non-school-related activities.

Apps

You are allowed to download \$ _____ worth of apps or in-game purchases a month and I would appreciate if you checked in with me before purchasing them.

When and where

You are not allowed to use your phone in these places or situations:

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your phone that makes you feel uncomfortable, I want to know about it so I can help you. I promise that if that situation ever comes up, I will not overreact.

Learn new things

I want to know about the cool things you do on your phone so we can talk about them. I promise to try out new and different things with technology so we can spend time online together.

Be responsible

I know it's important that I set a good example when using my own devices. So, I promise to never text and drive, to learn more about my phone's safety and privacy features, and to take phone-free time with you.

Child signs here

Parent signs here

For more information:
fosi.org/parenting