

The First-Phone Family Agreement

Set up the first phone together, in writing, before you hand it over.

Before you read the agreement (a note for parents)

A first phone goes better when the rules are agreed on up front, together, in writing, than when they are made up in the heat of the moment three weeks later. This is that document. It is short on purpose, written so your eleven-year-old can actually read and understand it, and built as a two-way deal: you both sign it. The point is not to control them. It is to hand them something powerful with the guardrails already in place, and to make it easy for them to come to you when something goes wrong.

Fill it in together. Change anything that does not fit your family. Then both sign it and put it somewhere you will both see it.

Our First-Phone Agreement

This phone belongs to our family. I get to use it, and we take care of it together.

1. When it is on, and when it is away

- The phone charges overnight in _____ (not my bedroom).
- It is away during meals, homework, and _____.
- Screen time each day: _____.

2. What I share, and what I keep private

- I do not share my full name, address, school, or passwords with anyone online.
- Before I post or send anything, I ask: would I be okay if a grown-up I trust saw this? If not, I do not send it.
- I do not share photos of other people without asking them first.

3. How I treat people on a screen

- I am as kind on the phone as I am in person.
- If a group chat turns mean, I do not pile on. I can leave, and I can tell a grown-up.
- If someone is unkind to me, it is not my fault, and I can bring it to my parent.

4. Come to me, no matter what (the most important one)

- If anything scary, confusing, or wrong ever happens on this phone, I can come to my parent and I will not be in trouble for telling.
- My parent promises: I will help you, not just take the phone away.

5. We both agree

- I will follow this agreement, and ask when I am not sure.
- My parent will keep talking with me, not just checking on me, and will update this together as I grow.

Kid's signature: _____ Date: _____

Grown-up's signature: _____ Date: _____

This agreement is a companion to Life Skills Every 11-Year-Old Should Know, which teaches your kid the how behind all of it: handling a phone and group chats, keeping real friendships, spotting what is fake, and doing more on their own. Kit, Tashi, and Ren walk them through it.



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