



# Phone agreement

A phone agreement is more than just a set of rules – it's a chance to build trust and start meaningful conversations with your child about the use of technology. Use this guide as a starting point to create something that reflects your unique whānau, shaped by your own **house rules** and **family values**.

## Child responsibilities

- ☐ At home my phone will be stored \_\_\_\_\_
- ☐ At night, my phone will be charged \_\_\_\_\_
- ☐ I will not use my phone during \_\_\_\_\_
- ☐ I will always respond when my parent/caregiver calls or texts.
- ☐ I won't use my phone while riding a bike or scooter, or driving.
- ☐ I won't share my phone number, location, school or other personal information with people I don't know well.
- ☐ I will let my parent or caregiver know if I get suspicious messages, friend requests or calls from people I don't know.
- ☐ I will follow the rules my school has about phones.
- ☐ I will be considerate about how I use my phone in public, especially in quiet places.
- ☐ I will not send threatening, rude or mean texts to anyone.
- ☐ I won't take or send inappropriate photos of myself or anyone else.
- ☐ I won't use my phone to look at inappropriate content.
- ☐ I won't let the phone be used by anyone else to do things I'm not allowed to do.
- ☐ I understand my phone plan has text/call/data limits that are managed by my parent.
- ☐ I'm responsible for keeping track of my phone and keeping it in good condition.
- ☐ I understand that this is a team effort between me and my parent to help me use my phone safely and responsibly.
- ☐ I understand there are parental controls on my phone, and that I need permission before adding new features or apps.
- ☐ I understand my parents must know my passcode and may check my activity from time to time.
- ☐ I understand that having a phone is a privilege. If I break this agreement or other family rules, I may lose my phone privileges as a consequence.

Child: \_\_\_\_\_ Date: \_\_\_\_\_

## Parent responsibilities

- ☐ I will be aware of my own phone habits and try to model healthy tech use.
- ☐ If my child tells me about anything on their phone that makes them feel unsafe or uncomfortable, I will listen first and respond with support – not overreaction.
- ☐ I may check my child's phone from time to time, but I will respect their privacy and only do so if I'm concerned it's being misused.
- ☐ If my child breaks this agreement, I may take the phone away. But if they learn that I'm someone they can talk to about their online experiences, they'll be more likely to come to me if something else goes wrong in future.

Parent: \_\_\_\_\_ Date: \_\_\_\_\_



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## Child responsibilities

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Child: \_\_\_\_\_ Date: \_\_\_\_\_

## Parent responsibilities

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Parent: \_\_\_\_\_ Date: \_\_\_\_\_