



WeSee Education

## Family Smartphone Agreement

### For the Son/Daughter:

As I learn to use my smartphone responsibly and respectfully, I agree to:

- Keep my phone out of the bedroom at night and during sleep hours (9pm–7am).
- Avoid using my phone at the dining table or during family time.
- Prioritise face-to-face conversations over texting whenever possible.
- Put my phone away when speaking with someone in person.
- Browse the internet in a way I'd be comfortable sharing with my parents or carers.
- Treat others online with kindness and respect, just as I would in person.
- Never send or forward harmful, threatening, or inappropriate messages or images.
- Tell a trusted adult if I experience bullying or harassment via my phone.
- Avoid sharing or creating embarrassing content about others.
- Occasionally leave my phone at home and feel confident doing so—my phone is a tool, not part of who I am.
- Keep my phone charged and take good care of it.
- Stay within the data, call, and text limits of our mobile phone plan. If I exceed them, I may help cover the cost.
- Follow good mobile phone etiquette in public places and obey all school rules about phone use.
- Let my parents or carers know if I receive suspicious, alarming, or uncomfortable messages.
- Understand that having a phone is a privilege—not a right—and that it depends on respectful behaviour, meeting responsibilities, and open communication.

**Signature of Son/Daughter:** \_\_\_\_\_

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**For the Parent / Carer:**

As a parent or carer supporting my child in responsible smartphone use, I agree to:

- Model healthy phone habits, including keeping my phone out of the bedroom at night and during family time.
- Be open and available to talk about phone use and answer any questions.
- Be flexible and willing to revisit and renegotiate the phone rules as my child grows and gains more independence.
- Share the content of my phone if asked and encourage my child to be equally open.
- Support my child if they come to me with a concern or receive inappropriate or alarming content.
- Give clear and fair warnings before limiting or removing phone privileges.

**Signature of Parent/Carer:** \_\_\_\_\_

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_