

## Smartphone practice rules for *(child's name)*

This is the beginning of *(child's name)* road to a smartphone of their very own. During the next *(x months/years,)* *(child's name)* will have the opportunity to develop their responsibility, independence, and digital citizenship skills using a kids phone alternative.

### While using their practice phone, *(child's name)* will:

- Consistently answer messages from mom/dad
- Consistently contact mom/dad for planned check-ins when asked to do so
- Know where the practice phone is
- Keep the practice phone charged
- Consistently keep the practice phone on hand when leaving the house
- Not use the practice phone in their room or at the dinner table
- Use the practice phone only at appropriate times (e.g. not at school/in class)
- Not let games/activities become a distraction that impacts school or family time
- Be kind when speaking to friends/family using the practice phone

### When using other technology, *(child's name)* will:

- Consistently manage their screen time independently
- Turn off the tablet/video game/TV/other the first time mom/dad asks
- Be kind to others online
- Tell mom/dad immediately if contacted by a stranger
- Not let tech interfere with homework or family time
- Not use tech at the dinner table or in their room

### Mom/dad will support *(child's name)* by doing the following:

- Consistently answer when *(child's name)* contacts us
- Set consistent and expected screen time limits at home — no surprises
- Provide structure and check-in times when *(child's name)* leaves home without an accompanying adult
- Be a resource and a teacher about the online world
- React with empathy instead of anger if *(child's name)* comes to us for help or admits to breaking a rule.
- Be patient and kind while *(child's name)* learns to follow these rules

Once *(child's name)* is able to consistently follow these rules for *(x months/years,)* mom/dad will loan *(child's name)* a smartphone on a conditional basis. If these rules continue to be followed, *(child's name)* will be allowed to keep the phone. If not, mom/dad will take the phone back.