Our family phone agreement: a conversation worksheet

Print this sheet, or talk through the prompts together. Use only the parts that help. Keep completed copies private.

Use this to record your family's own conversation. It is not a contract to be signed under pressure. Check current service rules and your child's needs before agreeing how any device or app will be used.

What we want devices to help us do

Something each person values: _____

One source of friction we want to change: _____

Three agreements we can explain

First agreement and why it matters: _____

Second agreement and why it matters: _____

Third agreement and why it matters: _____

Keep the wording specific. For example, name the shared activity you want to protect rather than writing "Use your phone less".

Continue: Our family phone agreement: a conversation worksheet

Adults' commitments

What adults will do differently too: _____

A necessary exception and how we will explain it: _____

How we will ask permission before sharing someone else's photo: _____

Getting help

Who I can go to if something worries me: _____

Words I can use to start the conversation: _____

What the adult will do first: _____

Do not record passwords here. Explain supervision openly and keep private information secure.

Review

When we will check the agreement: _____

A change that should trigger an earlier conversation: _____

Something that is not working for one of us: _____

Use the NSPCC technology guidance and Childnet's family discussion guide alongside this sheet. A written agreement supports conversation; it does not replace adult responsibility for safety.

Browse all free resources.

More help for your family

Talk about what phones are for, where they cause friction and how everyone will ask for help.