SBP · FREE PRINTABLE · MIDDLE & HIGH SCHOOL (11 TO 18)

Family Phone & Social Media Agreement

Fill it out together, sign it together, revisit it every few months.

I agree to

- [ ] Charge my phone outside my bedroom at night by _____ pm
- [ ] Share my passwords with my parent or guardian
- [ ] Ask before downloading new apps or joining new platforms
- [ ] Never share my address, school or location publicly
- [ ] Tell a trusted adult if anything online makes me uncomfortable
- [ ] Think before I post: would I be okay with Grandma seeing it?
- [ ] Put my phone away at meals and during homework

My parent or guardian agrees to

- [ ] Listen first before taking the phone away
- [ ] Respect my privacy unless there is a safety concern
- [ ] Explain the reason for any new rule
- [ ] Model good phone habits too

Our screen-free times

Teen signature _____ Date _____

Parent or guardian signature _____ Date _____