

# Our first-phone agreement

*A short, friendly agreement to read through with your child and sign together. Not a list of threats. A shared understanding, written down once so you are not renegotiating it every evening. Adapt it to your family. A clause your child has helped shape is one they will keep.*

## HOW TO USE IT

Sit down together. Read it through aloud once. Invite your child to change a line or two. Both of you sign it, including the parent: the overnight-charging and phone-away-at-meals lines apply to the adults too, and children notice keenly when they do not. Then put it somewhere ordinary, the inside of a kitchen cupboard or the family noticeboard, not framed on a wall. Revisit it at the review date and change what is not working.

## The agreement

### **Our first-phone agreement**

This phone belongs to our family, and [child's name] is looking after it. We are both signing this because we have talked it through and agree on it.

**What the phone is for. Keeping in touch when we are apart: calls and texts to family and friends, and a way to let each other know where we are.**

**Where it sleeps. The phone charges overnight in [the kitchen / the hall], not in the bedroom. We both do this, not just [child's name].**

**When it is away. At mealtimes, during homework, and at bedtime. Away means out of sight, not face-down on the table.**

**At school. The phone follows the school's rules. It stays off and in the bag during the school day.**

**Being kind on it. We use the phone to be kind. We do not send anything we would not say to someone's face. If a message upsets [child's name], they can always show a parent, and they will not be in trouble for it.**

**If something feels wrong. If anyone contacts [child's name] who they do not know, or anything makes them uncomfortable, they tell a parent. No blame, ever. This is the most important line in this agreement.**

**Looking after it. [Child's name] tries to keep the phone safe and charged. If it is lost or broken, we sort it out together calmly; accidents happen and it is only a phone.**

**Answering. When a parent calls or texts, [child's name] replies when they reasonably can, so we all worry less.**

**We will talk again. We will look at this agreement again in [three / six months] and change anything that is not working.**

Signed: [child's name] ..... and [parent's name] .....

Date: .....

## WHY A FEW OF THESE LINES MATTER

The overnight-charging rule matters most for sleep, and it lands far better when the adults follow it

too. The no-blame lines on upsetting messages and unknown contacts are what keep a child telling you things as they get older, so resist the urge to attach consequences to them. The review date stops the agreement becoming a stick and keeps it a living thing you adjust as your child grows.

**THIS PAIRS WITH THE CONVERSATION**

A contract works best after the conversation, not instead of it. The seven-moment parent script, the school email and the friend-network briefing are all free at [knockphone.co.uk/switching-kit](http://knockphone.co.uk/switching-kit). Still choosing the handset? The ranked list is at [knockphone.co.uk/best-simple-phones](http://knockphone.co.uk/best-simple-phones) and the ninety-second picker is at [knockphone.co.uk/which-phone](http://knockphone.co.uk/which-phone).