FREE GIFT · THE BRAIN EXPLORER'S DIARY

Our First-Phone Agreement

Not a rulebook. A deal we make together, write in pencil, and look at again in _____ months. Tick what you agree on, cross out what you don't, add your own.

What I'll do

- ☐ Phone sleeps outside my bedroom at night, charging in the _____.
- ☐ No phone at the table, on family movie night, or _____.
- ☐ I'll ask before downloading a new app or game.
- ☐ I only chat with people I know in real life.
- ☐ If something online makes me feel weird, scared or bad, I'll show a grown-up. I won't be in trouble for telling.
- ☐ I won't share photos of other people without asking them.
- ☐ When More-More shouts "more!", I'll try to let the Captain decide.
- ☐ _____

What we'll do (grown-ups)

- ☐ Put our phones away at the table too.
- ☐ Stay calm when you tell us something hard. Telling us is always the right move.
- ☐ Explain our reasons, not just "because I said so."
- ☐ Ask before posting photos of you.
- ☐ Look at this agreement with you again, and give more freedom as trust grows.
- ☐ Show interest in what you like online, not just worry about it.
- ☐ _____
- ☐ _____

Our numbers

School days: phone time up to _____ · Weekends: _____ · Phone goes to bed at _____

If we disagree, we'll _____

Signed (explorer) and date

Signed (grown-ups) and date