

St Andrew's College Preparatory School

Mobile Phone Family Agreement



St Andrew's College

The phone belongs to my parents/caregivers. They are permitting me to use this device, and I understand this is a privilege, not a right.

1 I recognise it is important for my parents to monitor what I do on my phone. Nothing on my phone is private. **My parents will use the following parental controls and monitoring tools on my phone:**

4 In our family, passwords are not secret. For any account on my phone requiring a password, I will share the password with my parents.

Accounts: _____

Passwords: _____

2 I promptly will answer calls and texts from my parents. My parents understand that I will not be accessible on my phone while driving or during school, sport practices etc. *(fill in the blanks below):*

5 My phone will only be used during designated places and at designated times. **While at home, the phone will remain in these shared spaces:**

I understand that the phone is not allowed in these rooms:

3 Other spaces and times we want to protect as a family include:

6 The curfew for phone use will be: _____

I will check the phone in with my parents at this time and understand it will not be available until: _____

The penalty for breaking or losing my phone is:

Our plan is to start with basic features on the phone while I learn how to use the phone safely.

Therefore, the following features are **not** on my phone:

APP STORE

My parents are responsible for downloading and deleting apps. They have removed my ability to download and delete an app through parental controls.

If I would like a new app on my phone, I must talk to them about it and not attempt to download the app myself.

The apps I currently have on my phone are:

If I could add one app to my phone it would be:

I think it would be great to have this app because:

INTERNET BROWSER

I am not allowed to have an internet browser on my phone until my parents think I am ready for this responsibility.

The easy access to constant entertainment and plenty of inappropriate content make it a privilege to be earned instead of a given feature on my phone.

SOCIAL MEDIA

Social media is not allowed on my phone.

I understand many health and parenting experts do not recommend social media until age 16+, and many don't recommend it at all.



When using my phone, I will remember what we value as a family!

We value people and know that people are always more important than screens. Therefore:

- we will put our phones down when someone is talking to us;
- we will stop using our phones if someone asks us to;
- we will try to be present and not distracted by our phones at special events like birthday parties, siblings' sports games and family gatherings;
- I will follow the Preparatory School's rules about phone use.

We value time together as a family. Therefore:

- we will designate a time to unplug as a family and put our devices away. **The day and time we will unplug together will be:**

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- when driving together, we will talk or daydream instead of scrolling on our phones;
 - we will keep mealtimes device free;
 - we will strive for shared screen time as a family. This might include watching a movie or a show or playing a game together instead of consuming individual entertainment on our phones.

We value modesty in our family. Therefore:

- we do not share nude pictures with anyone or circulate nude pictures of other people. If someone asks me for a nude picture, I can say my parents monitor my phone;
- we will consider what people are wearing in a photo before we share it. Examples of photos not to text or post include:

We value mental health. Therefore:

- we will talk often about how important it is to use our phone and other devices moderately. **A good daily screen time limit for me is:**
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- phones will not be allowed in the bedroom, especially at night. **All experts agree phones in the bedroom disrupt sleep and sleep is crucial for mental and physical well-being.**
 - we will delay social media until age 16+;
 - if pornography, a sext or a disturbing message, photo or video is sent to me on my phone, I will put my phone down and talk to my parents. I trust there will be no shame in this conversation, and I will remember my parents are here to support me.

We value kindness and respect in our family. Therefore:

- we will not use our phones to bully or hurt someone with unkind words or gossip;
- we will ask permission first before we take a photo or a video of someone with our phones;
- we will refrain from screenshotting a text message with one friend to laugh about the exchange with another friend;
- we will not record anyone's conversation on our phones to later embarrass or shame someone.

**We value safety in our family.
Therefore:**

- I will remember that my parents love me, care about me and will help keep me safe. I must be honest and communicate with them if anything threatens my safety;
- I will alert my parent if anything alarming occurs on my phone;
- if I am with my friends and I need my parents' help, our code word or emoji to signal a needed pickup is:

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- I will share with my parents any concern I have about the safety and mental health of a friend;
 - we will be careful about which apps access our location. My parents will decide what is safe for location sharing on apps;
 - we will remember not to text and drive;
 - we will be on guard against unknown people and numbers on our phones. If we receive a message from an unknown number, we will not respond to it before talking to a parent;
 - we will be careful about not sharing personal information on our phones such as account information and passwords. Other examples of what not to text on our phone include:
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We value grace. Therefore:

- my parents know this will be a learning process and mistakes will be made. I trust my parents will help me learn from my mistakes and will choose reasonable consequences for my actions;
- I will remember my parents are coaching me and supporting me in the digital arena. They are engaged in what I do on my phone not to "catch me" in wrongdoing, but to help me make good decisions;
- **I will trust that there is nothing I can do or say on my phone that will damage my parents' love for me.**

OUR FAMILY'S CONSEQUENCES

I understand that breaking any of these rules or not adhering to our family values on my phone will lead to the following consequences:

**Hold the Line
'til Year 9!**



Scan the QR code to
sign the class pledge

