



FIRST PHONE SAFETY AGREEMENT

A phone is a privilege - and a powerful responsibility.

Read this agreement together before the phone becomes part of everyday life. Talk about why each rule matters, make changes that fit your family, and have your child initial each safety promise.

Child: _____ Age: _____ Date: _____
Parent/Guardian: _____ Phone / Device: _____

MY SAFETY PROMISES

Child initials each promise after discussing it with a parent or guardian.

1 I will tell an adult when something feels wrong.
If a message, photo, video, request, threat, or conversation makes me scared, embarrassed, pressured, confused, or uncomfortable, I will show a parent or trusted adult as soon as I can.

CHILD INITIALS _____

2 I will protect private information.
I will not share my home address, school schedule, passwords, verification codes, financial information, or live location with people who do not need it.

CHILD INITIALS _____

3 I will be careful about who I talk to.
I will not meet someone I only know online without my parent knowing and approving. I will be cautious with friend, follow, chat, and gaming requests from people I do not actually know.

CHILD INITIALS _____

4 I will not send sexual or nude images.
If anyone asks me for an intimate image, sends me one, threatens me, or tries to blackmail me, I will stop responding and tell a trusted adult. I will not pay, bargain, or try to handle it alone.

CHILD INITIALS _____

5 I will not hide accounts or bypass safety rules.
I will not create secret accounts, disable safety settings, or intentionally work around parental controls or family rules.

CHILD INITIALS _____

6 I will treat people with respect.
I will not bully, threaten, humiliate, impersonate, or post embarrassing content about someone else. I will think before I post, forward, comment, or record.

CHILD INITIALS _____

THE MOST IMPORTANT FAMILY PROMISE

If you bring me a problem, I will focus on helping you first. You will not lose your phone simply because you came to me for help. We will deal with the safety issue together before any rule issue is addressed.

PARENT/GUARDIAN INITIALS _____



FIRST PHONE SAFETY AGREEMENT

OUR FAMILY PHONE RULES

Check the rules you want to use. Add or change details on the family plan page.

☐ Apps & purchases

I will ask before downloading apps, games, making purchases, or creating new accounts.

☐ Photos & recording

I will ask before recording people in private situations and will not share humiliating or harmful content.

☐ Passcode & recovery

A parent/guardian will know the device passcode and account recovery information unless we agree otherwise together.

☐ Phone-free times

Meals, family time, activities, homework, bedtime, or other agreed times may be phone-free.

☐ Location sharing

I will only share my location with people and apps my parent/guardian approves.

☐ Charging location

At night, my phone will charge in our agreed location so it does not interfere with sleep.

☐ School & homework

I will follow school phone rules and put schoolwork, responsibilities, and sleep ahead of entertainment.

☐ Driving & safety

When I am old enough to drive, I will not use my phone while driving except through a lawful hands-free setup.

WHAT PARENTS PROMISE

The safest phone plan is one where a child knows they can ask for help.

- ☐ I will listen before I lecture when my child comes to me with a problem.
- ☐ I will explain safety restrictions and consequences instead of using surprise rules whenever possible.
- ☐ I will respect age-appropriate privacy while still providing the supervision needed for safety.
- ☐ I will model the phone behavior I expect from my child.
- ☐ I will not punish my child simply for reporting that someone threatened, pressured, exploited, or targeted them.

IF A RULE IS BROKEN

Consequences should be connected to safety and learning. We may temporarily limit an app, feature, or phone privilege; review what happened; practice the safer choice; and set a clear path for earning full privileges back.

We will never make asking for help the reason a child loses access to us.



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FILL IN OUR FAMILY PLAN

Write down the details now so everyone knows what the expectations are.

Phone-free times:

Night charging location:

Apps / accounts that require parent approval:

Who may receive my live location:

Trusted adults I can go to if I cannot reach my parent/guardian:

Our plan if a safety rule is broken:

Other family rule or expectation:

A GOOD RULE FOR EVERY POST, MESSAGE, OR PHOTO

Before I send or post something, I will ask myself: Would I be okay with a parent, teacher, coach, future employer, or the person in the photo seeing this?



OfficerNaeNae.com

WE AGREE TO KEEP TALKING

Signing this means we understand the expectations above. We agree to revisit this agreement as the child gets older, technology changes, or our family needs change.

Child signature

Parent / guardian signature

Date signed

Review this agreement again on

More free parent safety resources: OfficerNaeNae.com

Keep this agreement somewhere visible and review it regularly.