

_____ mobile phone contract

I, _____, am mature enough to have my own phone because I am mature enough to understand and agree to the terms of this contract.

Screen time

I understand that:

- Screen time feels good at the time but too much of it has a negative effect on our brains.
- Screen time can be **addictive**, which means that without realising it, we can want more and more, losing our ability to know when to stop.
- Having too much screen time can make us feel angry or frustrated.
- Limiting screen time is good for us and it is right for our parents to help us.

I accept my parents' help in limiting my screen time. Even if I ask for more time, I know that it is my parents' responsibility to look after me by limiting it. I understand that they have the final say. I will accept their decision even if I find it difficult.

I know that I will get better at managing screen time for myself as I get older. I will demonstrate this by taking breaks from all devices even when my parents don't ask. I will have fewer limits on my screen time as it becomes clear to my parents that I am getting better at limiting it myself.

When and where

I will not use my phone:

- During any meal
- In my bedroom
- After 8pm in the evening
- During lessons at school
- While I'm having a conversation with someone in real life

Considering others

I will always ask for someone's consent before taking or sharing any pictures, videos or sound recordings of them.

I will be kind in my communications with people. I will not use my phone to hurt, upset or make anyone feel bad about themselves.

This contract

If this contract feels a bit serious, that's because it is. Having a phone is an amazing ability that most people in history couldn't have even imagined. But with great power comes great responsibility.

I understand my responsibilities and that in order to have access to my phone, I must agree with and follow everything in this contract.

Signed	
Date	