

CAST A VISION

These mantras or values will guide our smartphone use:

These types of smartphone apps/activities support those values:

These types of "friction" can help us make sure the phone isn't distracting us from what matters most:

Limiting notifications Removing addictive apps from home screen

Other _____

LEARNER'S PERMIT

These features/apps will be activated as a starting point on the smartphone:

App/Privilege I want to earn next: _____

How I can show I am ready to add new privileges:

Our goal is complete smartphone independence by your _____ year in high school.

DEVICE FREE ZONES

These are the times and spaces we will commit to unplugging:

Meals Bedtimes Family Outings School

Mornings Car rides Sports Practice Other

This is the time I will plug my smartphone in at night outside of bedroom: _____

ACCOUNTABILITY

I will keep these safety nets in place:

Setting accounts to private Turning off location

Blocking messages from strangers Not using phone in private spots, like bathrooms

We will use _____ filtering service to keep you safe

If someone shows me inappropriate content, here is my action plan:

Look away Let parents know
(we promise to not overreact)

Excuse yourself to go to the restroom Other _____

If someone asks me for an inappropriate picture, here is what I can say:

When I create a new account or update a password, I will let my parents know by:

Text Email Post-it Updating Family Password List

Other _____

If I am at a party and feel uncomfortable, here is our secret code I can text my parents to be picked up: _____

TIME WELL SPENT

We will strive to limit our social media, gaming or entertainment consumption to _____ minutes/hours per day.

With our digital presence, we will strive to:

Be authentic to our true selves Be discerning about who we allow to follow us and who we follow

Speak up for causes that matter Fact-check information before we reshare it

Lift others up Other _____

Activities I consider "time well spent":

Online _____

Offline _____

A signal we can use to let each other know we need to put the phone down and have face-to-face time:
