

# Family Phone Pledge



We, a group of South Hampstead Sixth Formers and A Level Psychology students, have drafted a Family Phone Pledge: a contract that you and your daughter can use, with suggestions and guidelines to help you to limit the time on your phones.

We have split the contract into Social, Study, Sleep and School – the ‘4S’s of screen time. Within each category we have suggested some options, which you and your daughter can select as appropriate. Feel free to add your own too by writing on the dotted lines provided.

I..... (DAUGHTER'S NAME)

Please tick as appropriate and/or add your own pledges.

**SOCIAL**

- will limit my phone usage when I am with my friends and family
- will not go on my phone during mealtimes
- will use travel time productively e.g. by reading or listening to a book or talking
- will have a phone-free weekend/holiday at a date of my choosing
- .....
- .....

**STUDY**

- will download an app, such as the forest app to make sure I don't go on my phone while completing homework
- will turn off my notifications when doing my homework
- will keep my phone out of my room when doing my homework
- will use an old-fashioned watch or alarm clock if I need to time my work
- .....
- .....

**SLEEP**

- will not use my phone in the hour before I go to sleep
- will turn my phone to night time mode (settings) in the evening
- will charge my phone outside my room overnight
- .....
- .....

**SCHOOL**

- will shut down my phone and keep it in my locker during the school day
- will not expose myself to danger by using my phone travelling to and from school
- .....
- .....

I..... (PARENT'S NAME)

Please tick as appropriate and/or add your own pledges.

SOCIAL

- will limit my phone usage when I am with my friends and family
will not go on my phone during mealtimes
will use travel time productively e.g. by reading or listening to a book or talking
will have a phone-free weekend/holiday at a date of my choosing
.....
.....

SLEEP

- will institute a family rule about where to keep phones at night
will turn my phone to night time mode (settings) in the evening
will charge my phone outside my room overnight
.....
.....

OUR AGREEMENT (SOME SUGGESTIONS):

- We agree to a suitable reward of ..... if we both stick to our chosen pledges for an appropriate period of time i.e. ....
If we agree that we have both failed to keep our pledges, we will 'reset' by agreeing to a phone detox at home for an agreed period of time i.e. ....
I understand that my parents may further restrict my phone use or even confiscate my device
My daughter can 'call me out' if I do not keep my own phone pledges
I accept that if I do not keep my pledges, I cannot hold my daughter accountable for hers
We agree that there are 'exceptions' to keeping our pledges e.g. a work emergency, which need understanding on both sides
.....
.....

PARENT SIGNATURE: ..... DATE: .....

DAUGHTER SIGNATURE: ..... DATE: .....