

Phone Use Plan

For children who need a phone for safety but need limits on everything else.

Fill this in with your child. It is not a punishment. It is an agreement about what the phone is actually for.

This Phone Is For

- ☐ Calling and texting parents
- ☐ Calling and texting in an emergency
- ☐ Getting to and from school safely
- ☐ Arranging plans with friends (messaging only)
- ☐ Other: _____

This Phone Is Not For

- ☐ Social media feeds and scrolling
- ☐ Short-form video apps
- ☐ Gaming
- ☐ Use in the bedroom after _____ pm
- ☐ Use at the table
- ☐ Other: _____

Travel Mode

During travel to and from school, the phone functions normally for safety.

On arrival home, the phone goes to:

On arrival at school, the phone goes to:

Apps That Stay

Apps That Are Removed or Restricted

If the Phone Is Used Outside These Rules

Consequence: _____

We Agree to This Plan

Parent / Carer: _____

Child: _____