Household phone agreement (example)

An educational example of an agreement a household writes together. Boundaries everyone chose beat rules one person imposed, and nobody needs surveillance to keep a promise.

HOW TO USE THIS EXAMPLE

1. Read it together. Everyone, including adults, gets to push back on any line.
2. Cross out what doesn't fit and write your own versions. The editing is the point.
3. Agree on it out loud, then post it somewhere visible. Revisit it in two weeks.

OUR AGREEMENT (EXAMPLE WORDING)

- ☐ Phones live in the charging spot, not in bedrooms, from ____ pm on school and work nights.
- ☐ Meals are phone-free for everyone at the table, adults included.
- ☐ Nobody checks anyone else's phone. We keep promises, we don't monitor each other.
- ☐ The first 30 minutes after waking are feed-free. Alarms, music, and messages are fine.
- ☐ When someone slips, we say so and move on. No scorekeeping, no shaming.
- ☐ Calls and anything urgent always go through. This is about feeds, not reachability.

Weeknight phone cutoff _____ Weekend phone cutoff _____ Charging spot _____

SIGNATURES (EVERYONE SIGNS, NOBODY POLICES)

Signed _____ Signed _____ Signed _____ Date _____

Households that pair an agreement like this with real friction, like a shared evening lock, keep it longer than households that rely on goodwill alone.

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This is an educational example, not a legal document or a template for one. Household norms, privacy expectations, and any related laws vary by jurisdiction. It is your responsibility to check the laws where you live and to create your own agreement that fits your household. Not medical or legal advice.