DIGITAL TRUST PLAYBOOK

A Mom's Brilliant Smartphone Guide

We recently came across this list of guidelines from a mom to her son when he received his first iPhone. With her permission, we have tweaked it to fit our audience. **Feel free to take it and change it for your context.** We want to avoid words like "contract" or "code of conduct" if possible. These words might work for a few kids, but we prefer words like "guidelines" or "playbook" so that it feels more approachable.

After considering the list on the second page, **use the space below for your child to add 3 guidelines of their own.**

Parenting with you!

Chris

1.

2.

3.

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Dear child. Here's a new phone. Along with a few guidelines.

1. It is my phone. I bought it. I pay for it. I am loaning it to you. **Aren't I the greatest?**

2. I will always know the password. **No secrets.** One-on-one with technology, whether you're 14 or 40, the Internet eventually wins. This is why I (your dad) have an accountability partner (Thank you, Covenant Eyes). If you want my phone passcode, I don't mind telling you, either! No digital secrets!

3. **When we call you, answer it.** It is a phone. Say hello. Use your manners. Don't ignore a phone call if the screen reads "mom" or "dad." Not ever!

4. Hand the phone to one of your parents promptly at 8:00 pm **every school night & every weekend night** at 9:00 pm. It will be shut off and turned on again in the morning.

5. It may go to school with you *(depending on school rules)*, but it stays in your locker. **Have real conversations with your classmates.** It's a life skill.

6. If you lose it, drop it, break it, or it gets stolen, **you are responsible** for the replacement costs or repairs.

7. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. **Be a good friend first and stay out of the drama.**

8. Do not text, email, or say anything through this device you would not say in person. **Does it pass the Grandma test?**

9. No porn. But, if you see it, **put it down and tell me.** This stuff is everywhere and it's like a drug. You know this because we've talked to you about it for years.

10. You will mess up. I might have to take away your phone. We will sit down and talk about it. We will start over again. You and I are always learning. I am on your team. We are in this together. You are amazing. You can always land softly and safely with me. **I love you no matter what happens.**

Click here if you'd like to see an example of a more detailed Digital Playbook.