



REBEL PARENT FAMILY SMARTPHONE AGREEMENT

We Don't Follow Rules. We Make Them.

As a Rebel Parent who has decided their kid is ready for their first smartphone, you want to help them feel informed and empowered, right out of the gate. This agreement isn't about control. It's about raising kids who can handle tech on their own terms.

This agreement kicks off honest family talks, sets boundaries you believe in, and shows your kids that freedom and responsibility go hand-in-hand.

The Conversation

1: Kick off the chat.

Ask, don't preach. Swap assumptions for questions:

- What's actually fun online and why?
- Which apps, games, or sites are our go-tos?
- What current rules already work (or totally don't work)?

2: Time isn't infinite; it's precious.

Tech is addictive by design. Call it out.

- How do we feel after a binge scroll?
- When does tech steal family time?
- What hacks can we use to keep phones from running the show?

3: Safety is power, not fear!

Understand why parental controls are important. Rebel parents teach skills, not paranoia:

- Double-check before posting pics or videos (know who will see it).
- Lock down privacy settings like a pro.
- Make passwords uncrackable.
- Think twice about livestreams or disappearing posts.

4: How to spot the red flags.

Help them be a human lie detector!

- Which apps, games, or sites are cool, and which ones aren't?
- How do we spot shady or unreliable content?
- How do we dodge sneaky in-app purchases?

5: Own your digital voice.

Kids are learning how to be human online, and you're there to guide them:

- Who's safe to chat or game with? Family only? Friends?
- What's the plan for meeting strangers or "online-only" people?
- How do we watch out for our friends online, too?

7: Discuss consequences that actually work.

Boundaries = freedom + accountability.

- What happens if someone breaks the deal?
- How often do we review and update this agreement?

The Agreement

Family Details

Family Name:

Date:

Our Digital Values

Our top 3 values for tech use are:

- 1.
- 2.
- 3.

Our Non-Negotiables:

- No phones in bedrooms after__ :__ pm
- Privacy settings ON for all apps
- No posting pictures without permission
- No online spending without approval
- Weekly family review of screen time

Our Agreements (Fill-In Blanks)

We agree to:

Screen-time limits:

App permissions:

Behavior expectations:

Consequences if broken:

Escape Plan

If something gets weird online, we'll:

Block/report buttons

Signatures

This is our deal, and we both sign it.

Parent Signature:

Child Signature: