

AGES 11 TO 12

Ages 11 to 12: the group chats arrive

For many families this is the age of the first phone of their own, and of the class group chats. The rules move from "I install it" to an agreed list, and the password is shared with a nuance: having it is not reading everything.

I, _____, commit to:

- ☐ ¹ The phone still sleeps outside my room, in the place we agreed on.
Why it is here: It is still the rule that protects sleep most, and at this age it starts getting argued about: that is why it goes first.
- ☐ ² Apps come from a list we build together: I ask, we look at it, and it gets installed or not.
Why it is here: Your child proposes and you decide with them; that is the autonomy of this age band.
- ☐ ³ No social media yet, because their own terms require age 13. We talk about it again when I turn 13.
Why it is here: The floor is set by the platforms, and in some countries it is higher; saying it that way takes the fight out of the house.
- ☐ ⁴ My parents have my password. Having it does not mean they read everything: they use it if there is a reason, and they tell me.
Why it is here: That is the nuance that changes in this band: access yes, routine reading no.
- ☐ ⁵ In the class group chats, if something makes me uncomfortable, I show it. Showing it is never punished.
Why it is here: The class group is where bullying and forwarded content show up; you need them to show you.
- ☐ ⁶ I do not forward other people's photos, voice notes or screenshots without their permission, and never intimate photos, mine or anyone's.
Why it is here: It is the rule that does not change between 8 and 15.
- ☐ ⁷ If someone I do not know writes to me or asks for photos, I do not reply, I do not delete, and I tell.
Why it is here: Not deleting keeps the evidence; telling brings in your help.
- ☐ ⁸ The phone does not come to the table or to school, unless the school asks for it for an activity.
Why it is here: Clear screen-free zones, the same for everyone.
- ☐ ⁹ Purchases inside apps and games are always asked for first.
Why it is here: Impulse purchases are the most expensive problem and the easiest to prevent.

As a mother, father or guardian, I commit to:

- ☐ ¹ I tell you what I see and what I do not. If I ever use your password, I tell you that same day and I tell you why.
- ☐ ² If you show me something from the group that made you uncomfortable, I do not pull you out of the group as a punishment, nor punish you for showing it.
- ☐ ³ When you ask me for an app, I give you an answer and a reason, not just a no.
- ☐ ⁴ I respect the same phone-free zones I ask of you.
- ☐ ⁵ Every time we review this agreement, you drop a rule if you showed judgment with the previous ones.

What I will look at and what I will not

I manage your account and I have your password. I can see which apps you have, how much you use them and where the phone is, and if I use a parental-control app, such as Family Link or CatWatchful, I tell you which one it is and what it shows me. I do not read your chats as a routine: only if there is a concrete reason, and I tell you.

If a rule is broken

If a rule is broken, the consequence is agreed in advance, is proportionate and has an end date. Breaking one rule does not erase the others, nor this agreement.

Reviewing the agreement

We review this agreement on _____ and at each review each side gives something up.

Child's signature

Signature of the mother, father or guardian

Date