

AGES 13 TO 15

Ages 13 to 15: supervision is announced, not hidden

Your child now reaches the minimum age of most social networks. The job shifts from banning to configuring, and supervision stops being done in silence: there is access, it is used for a reason, and if it is used, they know. By 16 or 17 almost no rules should be left.

I, _____, commit to:

- ☐ ¹ The phone charges outside my room and screens go off at least an hour before bed.
Why it is here: It is the American Academy of Pediatrics recommendation and the rule that pays off most in adolescence.
- ☐ ² My social accounts are private and we set up together who can message me and who sees what I post.
Why it is here: At this age the job is to configure, not to ban.
- ☐ ³ My parents have access to my phone. They use it only for a concrete reason and, if they use it, they tell me.
Why it is here: That is the deal of this band: declared access, justified use, no surprises.
- ☐ ⁴ If someone harasses me, threatens me or asks me for photos, I block, report, save a screenshot and tell.
Why it is here: The toolkit is theirs now; telling is still the last step, not the first one to be lost.
- ☐ ⁵ I do not share or forward intimate photos, mine or anyone's, even if they are asked for or sent to me.
Why it is here: It is the rule that does not change with age, and at this age the pressure is real.
- ☐ ⁶ I do not post anything about other people without their permission, and I keep in mind that what I send can be forwarded and does not get deleted.
Why it is here: What is sent stops being theirs the moment it leaves.
- ☐ ⁷ The phone-free zones are the table, class time and bedtime, and they apply to the whole family.
Why it is here: Few, clear and for everyone.
- ☐ ⁸ If I go over the time we agreed, we sort it out between the two of us, not with a fight.
Why it is here: At this age, supported self-control pays off more than imposed restriction.

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

- ☐ ¹ I do not read your chats as a routine. If I go into your phone, I tell you when and why, that same day.
- ☐ ² If I use a parental-control app, you know which one it is, what it shows me and what it does not. Nothing gets installed without you knowing.
- ☐ ³ If you tell me something serious, we deal with it through the school or whoever is appropriate, and I do not take the phone away for you having told me.
- ☐ ⁴ I keep the same phone-free zones I ask of you.
- ☐ ⁵ Every time you show judgment, you drop a rule. By 16 or 17 almost none should be left.

What I will look at and what I will not

I have access to your phone and I do not use it as a routine. I use it if there is a concrete reason, and if I use it I tell you. If there is a parental-control app in this house, such as Family Link or CatWatchful, you know which one it is and what it shows me: there is no supervision for you to discover by accident.

If a rule is broken

If a rule is broken, the consequence is agreed in advance, is proportionate and has an end date. It is never taking the phone away indefinitely, nor for having told me something.

Reviewing the agreement

We review this agreement on _____ and at each review each side gives something up. When the reason for a rule disappears, we take it off the sheet.

Child's signature

Signature of the mother, father or guardian

Date