**A Mom’s Brilliant Smartphone Guidelines for Her Child**

Example Letter Format for a Digital Playbook with a Child.

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.

**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](https://protectyoungeyes.com/content/covenant-eyes/)). If you want my phone passcode, I don’t mind telling you, either! No digital secrets!
3. If it rings, answer it. It is a phone. Say hello. Use your manners. Do not ever 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 for the night and turned on again at 6:30 am. If you would not make a call to someone’s landline, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.
5. It may go to school with you, but it stays in your bag in your locker. Have a conversation with the people you text in person. It’s a life skill.
6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, 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 or stay out of the crossfire.
8. Do not text, email, or say anything through this device you would not say in person. **Does it pass the Grandma \_\_\_\_\_\_\_\_\_\_\_ (fill in last name) test?**
9. No porn. But, if you see it and have questions, let me know. 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 will take away your phone. Or maybe I just take the charging cord so that you’re limited. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together. You are amazing. I love you no matter what happens.

**[INSERT SECTION FOR CHILD TO ADD 3-5 SMARTPHONE GUIDELINES OF HIS/HER OWN]**

[Here’s another example of a Digital Playbook if you want something more detailed, more of a list format (tap/click)](https://protectyoungeyes.com/wp-content/uploads/2020/11/Digital-Trust-Playbook.pdf).