

Activity – The 5 golden rules

This activity invites you and your child to talk about your expectations and what matters most to your family. By choosing your own golden rules together, you can create an agreement that reflects your family's reality. This collaborative approach helps build trust, encourage independence, and promote a more positive relationship with cellphone use.



Present this activity as an opportunity to work together as a team rather than using it as a list of restrictions. The goal is not to control your child, but to ensure that the cellphone remains a useful, enjoyable, and safe tool for everyone.

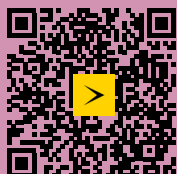
The 5 golden rules

1. _____
2. _____
3. _____
4. _____
5. _____



Rules ideas

- ✓ If a problem arises, the child can talk to a parent without worrying about getting in trouble.
- ✓ A cellphone is a tool, not a reward.
- ✓ We set up the main accounts together.
- ✓ We review privacy settings together.
- ✓ During homework time, the phone stays in another room.
- ✓ We only install the apps that are needed at first.
- ✓ We agree on screen-free times together.
- ✓ We avoid using phones during meals.
- ✓ Screens stay out of bedrooms at night.
- ✓ We balance screen time with offline activities.
- ✓ When someone is talking to us, we put our phone aside.
- ✓ I stop using screens at least one hour before bedtime.
- ✓ If a stranger tries to contact me, I tell a trusted adult.
- ✓ If I experience something difficult online, I talk to someone about it.
- ✓ We talk openly about problems without fear of losing access to the phone.
- ✓ All purchases require permission.



Help your child
develop safe
online habits.