



Season 2- Episode 1: 469 Pickups aka Parents Overusing Devices

Note: This teen family contract is meant to be used as a starting point. Feel free to add or remove items before you present it to your parents.

Teen Family Contract

- No phones at the dinner table, means ALL of us - including adults.
- Please ask me **before** you post pictures and stories about me to your social media.
- Please stop posting on social media about our family and our life. You could be attracting the wrong kind of attention.
- There's no way to pause a live game. Please stop asking. Honestly, please stop.
- I'd like for us to spend more time together. Let's try to set aside two or three days a month in which we can do something fun (without devices).
- If I'm trying to talk to you, please put your phone down. It hurts my feelings when you keep looking at your screen, instead of looking at my face.
- If I'm feeling sad, anxious, or overwhelmed, I'll tell you.
- Sometimes I feel like I need to talk with you about stuff going on in my life - but I don't know how to start. Let's come up with a simple phrase (example: *Mom, I've got a thing* OR *I hate artichokes*) that I'll use to let you know that I really need to talk about something.
- If you're not sure how I'm doing - ask me, and I'll try to be as open as I can. But once I tell you, you can't start freaking out.
- I might be dealing with stuff that would surprise you but I'm afraid to tell you because I don't want to get into trouble. But I know that getting help is important. Please listen and try to understand before you react.
- Kids get inappropriate links in DMs, chats, and games all the time. This is not our fault. Most of the time they're sent by bots trying to trick kids into clicking.
- If I ever get threats from anyone, online or in-real-life, I'll tell you.

Parent

Kid