

Digital Trust Playbook

DEVICE OWNERSHIP

- We agree that parent(s)/guardian(s) co-own(s) every internet-ready device.
 - Including gifts/purchased by child
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- I agree to take care of the device I'm using and tell my family if it's broken, lost, or stolen.
- _____

TIME

- Including/In addition to school-related activities, we agree that devices may be used:
 - _____ hour(s)/day (weekday)
 - _____ hour(s)/day (weekend)
- _____
- _____

LOCATION

- We agree that devices are not allowed to be used in the following locations:
 - Bedroom (ever/at night)
 - Bathroom School bus
 - Sleepovers Dinner table
- We agree devices will be stored in _____ during the following times: _____.
- _____

PRIVACY

- We agree to set up all necessary privacy settings and parental controls before using a device or an app.
- We agree to not change any privacy settings or parental controls without discussing the reasons for the change.
- _____

SAFETY

- I will put the device down and tell a trusted adult if anyone makes me feel uncomfortable or asks to share inappropriate or private information.
- _____
- _____

SIGNATURES

- _____
- _____



Other Considerations

What's the right age for social media?

Age is really only one of multiple inputs to consider when making this decision.

- What are his/her real-life friendships like?
- Does he/she have a strong sense of self?
- How well does he/she obey other house rules?
- Is he/she trustworthy?
- Have you had frequent conversations about awkward things?
- Age - the current digital age of adulthood in the US at 13. At PYE, we push for age 15 for their first solo social media account, with training.

How do I train a child to use social media?

Consider a stepped approach that looks something like:

- My child uses my social media account on my (parent) phone. Maybe post a picture together.
- My child opens up their own social media account but only uses it on my phone.
- My child gets their own device and you are also logged into their account from your device.
- I just follow their account from my device and I promise not to post and embarrass them.

What's the right age for a smartphone?

Age is really only one of multiple inputs to consider when making this decision.

- Does your child keep their room/themselves clean?
- Does your child listen?
- Does your child put down devices when asked?
- Is your child kind to the family?
- Does your child take good care of their things (smartphones are expensive!)?
- Is your child ok sharing their passwords with parent(s)/guardian(s)?
- Do you have open, good, calm conversations about anything?
- Are you (parent/guardian) ready to lovingly and curiously monitor your child?

How do I train a child to use a smartphone?

We encourage parents to be as intentional about smartphone training as they are with bike riding. Consider a stepped approach that looks something like:

- My child uses a shared family Internet-ready device well.
- My child sometimes uses a parent smartphone.
- My child uses their own age-appropriate, internet-ready device well (e.g. Kindle) which is shared with parents.
- My child uses a Gabb phone instead of a smartphone. gabbwireless.com (PYE at checkout)
- My child is given a smartphone.