**PARENTAL AGREEMENT ON DELAYED SMARTPHONE AND SOCIAL MEDIA USE**

**PREAMBLE**

Recognising the importance of childhood development free from excessive digital influence and the growing concerns regarding the impact of smartphones and social media on children’s mental health, we, the undersigned parents, voluntarily enter into this agreement. We affirm our collective commitment to fostering a balanced and healthy childhood for our children by delaying smartphone ownership and social media engagement.

Inspired by initiatives in Denmark, the UK, and the USA, where communities have successfully implemented similar agreements, this contract establishes clear guidelines for delaying smartphone and social media use to protect our children’s well-being and to ensure responsible digital engagement in their teenage years.

We, as signatories, agree to uphold the following terms:

**ARTICLE 1 – OBJECTIVE**

1.1. This agreement establishes a collective commitment among parents to delay the purchase of smartphones for their children until they reach the age of fourteen (14) years.

1.2. Furthermore, this agreement stipulates that children shall not create or maintain personal social media accounts until they reach the age of sixteen (16) years.

1.3. This agreement serves as a mutual reinforcement mechanism among parents to ensure a consistent and uniform approach within the community, reducing peer pressure among children regarding smartphone and social media usage.

**ARTICLE 2 – DEFINITIONS**

2.1. **Smartphone:** A mobile device with internet connectivity and app-based functionality beyond basic calling and texting capabilities.

2.2. **Social Media:** Platforms and applications that facilitate social networking, including but not limited to Facebook, Instagram, TikTok, Snapchat, Twitter (X), and any emerging similar platforms.

2.3. **Parent(s):** Any legal guardian(s) or caregiver(s) responsible for a child's well-being and upbringing.

2.4. **Child:** Any individual under the legal guardianship of the undersigned parents who has not yet reached age of 18 years.

**ARTICLE 3 – SMARTPHONE RESTRICTION UNTIL AGE 14**

3.1. The signatory parents agree that their children shall not own or regularly use a smartphone until they reach the age of fourteen (14) years.

3.2. Until the age of fourteen (14), parents may provide children with alternative communication devices, such as basic mobile phones that enable calling and texting without internet access.

3.3. If a smart phone is indeed necessary (for example, in order to check public traffic time schedule), then it will not contain any interactive applications (video games, social media etc.) so that the child will not be exposed to the temptation of using it.

**ARTICLE 4 – SOCIAL MEDIA RESTRICTION UNTIL AGE 16**

4.1. Even after acquiring a smartphone, children shall not create, use, or maintain social media accounts until they reach the age of sixteen (16) years.

4.2. Parents commit to monitoring their child’s internet activity and enforcing this rule by restricting access to social media applications through parental control software, device settings, or mutual agreements with their children.

4.3. In cases where social media access is required for verified educational purposes, parents shall supervise and restrict usage to ensure the platform is used solely for the stated purpose.

**ARTICLE 5 – COMMUNITY SUPPORT AND ENFORCEMENT**

5.1. The signatories agree to support each other in upholding this agreement by fostering a community culture where the delay of smartphones and social media use is normalised.

5.2. Parents commit to communicating openly about any challenges encountered in enforcing these guidelines and shall offer mutual support in cases of external pressure from other families or societal influences.

5.3. If any parent feels pressured to deviate from the agreement, they are encouraged to discuss concerns with the other signatories to maintain a collective approach.

**ARTICLE 6 – PARENTAL RESPONSIBILITY AND MONITORING**

6.1. Parents shall educate their children on the responsible use of technology and the potential risks associated with excessive screen time, social media, and digital engagement.

6.2. When children acquire a smartphone, parents shall establish clear rules regarding screen time, app usage, and internet safety.

6.3. Parents shall maintain an ongoing dialogue with their children about online safety, and responsible technology use beyond the duration of this agreement.

**ARTICLE 7 – DURATION AND AMENDMENTS**

7.1. This agreement shall remain in effect for each signatory until their youngest child reaches the age of sixteen (16).

7.2. Amendments to this agreement may be proposed by any signatory and shall require the consensus of all participating parents to be implemented.

7.3. Parents joining this agreement at a later stage shall abide by the existing terms unless amendments have been collectively agreed upon.

**ARTICLE 8 – SIGNATORIES AND ACCEPTANCE**

By signing this agreement, each parent acknowledges their commitment to uphold its principles and to support a collective effort in delaying smartphone ownership and social media engagement among children.

We understand that this agreement relies on mutual trust and community enforcement rather than legal binding. Nevertheless, we recognise the significance of this commitment and pledge to abide by its provisions in the best interest of our children’s well-being.

**Parent 1 Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent 2 Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Additional Signatures (if applicable):**

**FINAL REMARKS**

This agreement is inspired by movements in Denmark, the UK, and the USA, where parents have successfully delayed smartphone and social media use to encourage healthier childhood experiences. We believe that by working together, we can provide our children with the space to develop without the pressures of digital overexposure while preparing them for responsible technology use in later years.

This contract serves as a framework for communities wishing to adopt a similar approach and can be adapted as needed to fit specific cultural and social contexts. Let us foster a future where childhood remains a time for creativity, play, and real-world interactions free from the constant influence of digital media.