

Our Family Plan for School Phone Rules



A FAMILY GUIDE

New school phone rules may take some adjustment. Use this guide to talk with your child about what the policy is, what might be difficult, and how you can work through it together.

1. KNOW THE RULES

What is the school's policy?

- When do phones need to be put away? _____
- Where do they go? _____
- When can students use them? _____
- What happens if a student needs help? _____
- What exceptions does the school allow? _____
- What happens if the policy isn't followed? _____

2. TALK ABOUT THE WHY

What is school hoping this will help with? Examples:

- Attention - fewer distractions
- Participation - more engagement
- Relationships - more face-to-face interaction
- Belonging - more connection and sense of community
- Downtime - less pressure to be available/online
- Peer conflict - less opportunity for online drama
- Independence - more opportunities to manage emotions without a phone
- Other: _____

3. LISTEN

Talk with your child about what they're thinking and feeling. Ask questions like:

- What questions do you have?
- What do you think will be different without phones?
- What are you most worried about?
- What do you think will be hardest?

My child is wondering about: _____

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4. VALIDATE

Let your child know you hear them.

You might say things like:

- "I'd feel the same way."
- "I can see why that would be hard."
- "It makes sense that you're feeling ____."
- "I'd probably have questions about that too."

5. PROBLEM SOLVE

Work together on what might help:

- Concern: _____
- What can we do? _____
- Concern: _____
- What can we do? _____
- Concern: _____
- What can we do? _____

6. CREATE A PLAN

How will we stay connected?

When will our family normally check in? Examples: before school, during a school-approved time, after school

What can we plan ahead instead of texting during the day? Examples: transportation, extracurricular plans

If something urgent comes up, how will we contact one another? Examples: illness, emergency

What can we do to make our plan easier? Examples: setting up Do Not Disturb, turning off notifications

Is there anything we need to work out with the school? Examples: health conditions, IEP or 504 plan

7. REGULARLY CHECK IN

Regularly check in to see what's working and treat mistakes as learning opportunities.

- What is going well? What is tricky?
- Is there anything we should change about our plan?

Note: Your family doesn't have to figure this out alone. Stay connected with your school, share your experiences, ask questions, and reach out if you need help.