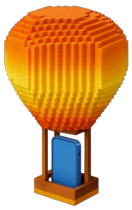
Our phone rules



We agreed these together, so everyone knows where they stand.



Phones sleep too

At night, our phones charge _____ from _____ pm, so we all get a good night's sleep.



Phone-free times

We put phones away for:

☐ Meals ☐ Homework

☐ _____



Our numbers

We give our number to people we know and trust. We ask before sharing anyone else's number or photo.



Before we post

- Is it kind?
- Does it show where we live?
- Is everyone in it happy for it to go online?



Something feels wrong?

Tell someone. You won't be in trouble.

Talk to _____ or call Childline free on **0800 1111**.



Our own rule

_____

_____

Signed by everyone in our home

_____ _____ _____

_____ _____ _____

A free poster from Voop. Print as many as you like.

VOOP