**Setting Expectations/The First Conversation**

1. **Facts** are the starting point

* *Now that you have had the phone for a few years/months/weeks, we want to make sure we’re all on the same page about using it.*
* *I saw this presentation last night and we want to have another conversation about our cell phone agreements.*
* *Your phone is a very important part of your life. It is also valuable to us that you have it. We want to revisit some of the agreements we made and have a nice model to work with.*

1. **Their** impression of the facts (*What are you seeing/hearing?)*

* *When you hear ‘responsible phone use’, what does that mean to you? What does that look like?*
  + *Prompt for overall hours of use/day, times and/or places when to use/ not to use, types of activities that are ok/not ok.*
* *Do you think your phone/device use falls into ‘responsible use’ category? What gets in the way of being able to be ‘responsible’?*

1. **Their** thoughts (*What do you think about that?)*

* *What are some ideas you have for managing your use?*

1. **Your** expectations *(I want to share with you my thoughts/expectations about this . . .)*

* *I want to share my thoughts and expectations about this.*
* *I came across this agreement. Let’s take a look at it and talk through it step by step.*

1. **Agreed** upon action

* *I’m glad we’re clear on this! Let’s continue to check back in as we get through the school year.*

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**Coaching Them Through Tough Situations**

1. **Facts** are the starting point

* *Kids around you may be doing inappropriate things such as sexting, cyber-bullying, talking to strangers, etc.*

1. **Their** impression

* *What situations might you see as being difficult to handle?*

1. **Your** impression

* *I want to ensure that you have the skills you need to make the right decisions, stay safe, keep others safe, and get out of tricky situations.*

1. **Repeat,** keeping it safe *What would you do if .*

* *Someone posts something deeply personal, or a mean/dirty rumor about a friend?*
* *Someone you only met online wants to meet in person?*
* *Someone pressures you to share explicit images of yourself?*

1. **Agreed** upon action *(Let’s do role plays periodically so you can practice the skills to stay safe.)*

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**When They are Not Complying with Agreements** (overuse, using during ‘downtime’, sneaking phone into room, interferes with daily living such as school, sleep, eating, family interactions, HW)

1. **Facts** are the starting point

*I noticed that.* . . .

1. **Their** impression

*Help me understand what’s going on.)*

1. **Your** impression

* *This concerns me / I’m worried / I want you to use your phone responsibly for your health and safety.*

1. **Repeat,** keeping it safe

* *What do you think should happen?*
* *How can I be of help to you?*
* *Do you want* ***this****? . . . (i.e.. lack of sleep, absence/tardiness, grades, strain on relationships, feeling, etc.)*

1. **Agreed** upon action

* *So we agree that the consequences are.* . . .
* *And in the future you will . . .*

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**When You Suspect Something is Happening** (there is evidence, but it isn’t 100% clear)

1. **Facts** are the starting point (*I found/saw/heard.* . . .)
2. **Their** impression (*Help me understand what’s going on.)*
3. **Your** impression *(This scares me. I’m worried.)*
4. **Repeat,** keeping it safe *(What do you think should happen? How can I help you? Do you want* ***this****? . . . This = to be engaging in bullying, potentially dangerous contact, exposure of personal things or information, etc.)*
5. **Agreed** upon action *(Where are we going from here?)*

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**After the Fact** (there is clear evidence of illicit or inappropriate online behavior):

Repeat Steps 1-4, above

1. **Agreed** upon action *(So we, agree, the consequences are . . . X)*