

Our home agreement

Prepared for Maja

What we are trying at home for the next six weeks, and how we will do it together.

Document 1 of 5

What already works at home

- Where devices spend the night
- What your teenager chooses to tell you
- Your own phone around your teenager
- Conversations about online life
- House rules and agreements
- How oversight is made known
- Things you watch or play together

What we are trying

When the table is also a desk and a laundry shelf, shared meals can move to the sofa, where the screens are. One way, where you already eat together there, is to clear the table for one of those meals, with every phone in a place away from it, yours too, and the television off. It costs clearing the table, and the programme you would have watched.

The story behind it: *The Cleared Table*, in the book.

What we adults do too

We keep to this agreement ourselves, our phones included.

We talk with you about what happens online, not behind your back.

We can change this agreement together when it stops fitting.

Our six weeks

Week 1	Start with the story *The Cleared Table*	○
Week 2	Keep going, and at the end of the week say what was easy	○
Week 3	Keep going, and say what was hard	○
Week 4	Keep going, and we ask you how it was for you	○

Week 5	Keep going, and each of us names one thing we noticed	○
Week 6	Together we decide: keep it, change it or stop	○

My changes to this agreement:

> If this agreement causes arguments, we pause it and talk. It can be changed.

No family gets this right every day. Trying together is enough.

Signed by everyone at home

An agreement can be changed if it does not fit your family. Keep the full plan and its limitations for your own reference.

3D · **Divert**: turn to something better · **Discomfort**: get through the first days · **Delight**: repeat until you enjoy it. · **3B · Basics · Body → Balance** · **3S · Separation · Solitude → Success**

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