THE DIGITAL PEACE TREATY

A Negotiation Framework for Parents & Teens

PART 1: THE "WHAT'S WORKING" WARM-UP

Parent List
Name 2 things your teen does well with tech:

Teen List
Name 2 things your parents do that you appreciate:

PART 2: THE PAIN POINT AUDIT

The Teen's Ask
"The one setting/rule that feels most unfair to me is _____ because _____"

The Parent's Why
"The reason I have that rule is because I worry about _____"

The Compromise
"We agree to change this rule to _____ for a 7-day trial."

PART 3: THE "BETA TEST" SUCCESS METRICS

The deal stays in place if these three things happen during the 7-day trial:

Sleep: Phone is docked in the kitchen by: _____

School/Responsibility: Grades stay at _____ or chores are done by _____

Honesty: If a mistake happens (e.g., stayed on too late), the teen tells the parent before the parent finds out.

PART 4: THE RED LINES (NON-NEGOTIABLES)

These rules are paused for negotiation and stay as-is for safety:

_____

(e.g., No phones behind closed doors after 10 PM)

_____

(e.g., Parents keep administrative passwords for safety)

PART 5: SIGNATURES

Parent Signature

Teen Signature

Next Review Date: _____

(7 Days from Today)

FAMILY TECH