

## Family Texting Boundaries

- Driving and texting are never okay. If it's an emergency, then pull over.
- Don't text or check text messages in the midst of a conversation, when someone wants to talk to you.
- Be respectful when a parent asks you to put your phone down.
- Always promptly answer texts from parents.
- Think before sending your text message. Remember that neutral messages are often perceived as negative. Don't say bad things about people. Don't gossip. Stay positive.
- **Acceptable times to text:**
  - Limit to no more than ½ hour a day during the week
  - Weekends, more leniency – cannot impede family time, homework and sleep
  - No texting during homework unless used for collaboration and help
  - No texting during school hours
  - No texting after you go to bed (leave phone in living room)
  - No texting during family functions
- Important messages should always be delivered face-to-face if possible! Consider the pain of a boyfriend breaking up with you via text message.
- Don't send a text that you wouldn't want to receive. Do not text when you are mad or having a fight.
- Ask yourself if you would say the same thing in person.
- What you intend to send to one person may easily end up on the screens of many. Be mindful that your texted messages and photos can be forwarded.
- It is not good manners to text while with a group of friends. It may make others feel excluded and is simply not polite. If it's an emergency, that is, of course, a different ball of wax!
- Limit how many texts you send out. Consider calling your friend if you are texting 10 times or more.
- Make time to call friends; it's good communication practice and develops closeness.
- Phones are subject to periodic text reviews from parents. No deleting texts.