

## **TEEN CELL PHONE CONTRACT**

I acknowledge that I have been given a cell phone to use which is privilege not a right. With this privilege comes freedom, responsibility and trust. As the recipient of this privilege, I agree to the following:

### **OWNERSHIP OF PROPERTY (CELL PHONE)**

-I do not own this phone it is being loaned to me. I am responsible for replacing or repairing the phone should it smash into a million pieces on the ground, fall into the toilet, vanish into thin air or is damaged by someone else, etc.

-As owners of the phone my parents must always know the password to the phone and any apps I have on the phone.

### **PROPER USE**

-I will always promptly answer a call or text from my parents.

-I will leave my phone in the agreed upon spot with the charger each night before I go to bed.

The phone will be shut off and charging all night.

-I will not call or text others during normal sleeping hours (9pm-7am).

-My phone will be turned off or in silent mode during family meals. I will be aware of how my talking or texting affects those around me and will stay off my phone when having a face to face conversation with someone.

-I will not take pictures and/or video of everything I do or encounter.

-I will not take selfies in risky locations such as train tracks, the edge of balconies or stairs, while driving or riding my bike etc.

-I will not be continuously focus on my phone that I become unaware of my surroundings, causing me to run into poles, people or step into traffic.

-I acknowledge that my phone could be checked by my parents at any time. This includes checking texts, calls, photos, Internet search history etc. My parents will also be on all my social media contact lists (Facebook, Snapchat, Twitter etc.)

### **DIGITAL CITIZENSHIP**

-I will not use my phone to hide from, lie to, trick or deceive others.

-I will be a good friend and not text, email, say or post anything that is harmful or hurtful to others. Nor post anything that I would not say or show to a roomful of my peers and their parents.

-I will not reveal any personal information about myself while on the Internet. If I would not announce it to a stranger on the street, I will not post it online. I will not give out my password to anyone.

-I will not search for or view inappropriate material on the Internet. I will not take or share inappropriate photos or videos of myself or others as these are permanent, harmful and potentially illegal.

-I will tell my parents if I receive something suspicious or alarming. This includes anyone harassing, bullying me online or a stranger asking personal questions.

I understand the terms of this Teen Cell Phone Contract and will abide by them. I also fully understand that if I violate these terms or otherwise disobey in respect to our family, my school or my friends, I will lose my phone according to the agreed upon consequences.\* for an amount of time appropriate to fit the punishment. Then, with grace, we will start over again.

Child \_\_\_\_\_ Date \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_

### **\*AGREED UPON CONSEQUENCES**

-I will pay for any damage or replace my phone in the following manner:

-My phone will be unavailable to me for \_\_\_\_\_ period of time. The exceptions are as follows:

-I can earn back the use of my phone in the following way:

## PARENTS CELL PHONE CONTRACT

### Parents Pledge:

- I will be a good role model and never text or use apps while driving or doing other activities where phone use might be dangerous.
- I will be considerate of others, including my family members, by refraining from using the phone when it might disturb people around me.
- My phone will be turned off or in silent mode during family meals.
- I will not be on my phone when having a face to face conversation with my child.
- I will always ask my child if I may post a photo or video of them to social media.
- I will talk with my kids and set reasonable expectations about their smartphone use.
- I will be considerate of my child and not text him or her at inappropriate times, such as while he or she is in class.
- I will answer a call or text from my child as promptly as I can during working hours.
- I will take whatever action is appropriate if I feel my child has misused his or her phone or broken a family rule but I will be thoughtful about such actions and not overreact.

---

Parent signature

---

Parent signature