

## Family Cell Phone Contract

### **TEEN CELL PHONE CONTRACT**

This cell phone contract is a “family-only” agreement between Child/Teen and Parent(s). While it is not a legal document, it is an agreement that will be honored in our family’s household. The purpose is to set clear guidelines of appropriate cell phone use and behavior. The user of the cell phone must initial each statement in order to receive his/her phone. It is important to remember that a cell phone is not a right – it is a privilege that is earned.

### **Cell Phone Contract: Child/Teen Responsibilities**

- I understand that having a cell phone is a privilege, and that if I fail to adhere to this contract, my cell phone privilege may be revoked. \_\_\_\_
- I understand that I do not own my phone – my parents are generous enough to let me use it as my own. \_\_\_\_
- I understand that my phone can (and will) be taken away if I fail to keep up my grades, if I fail to do my chores, if I talk back to my parents or if I fight with my siblings. \_\_\_\_
- I will not use my phone to send threatening or mean texts to others. \_\_\_\_
- I will not start or spread gossip of any kind – about someone I know, someone I don’t know, or a public or private person (even a celebrity). \_\_\_\_
- I will turn in my phone each evening at 7:30 on school nights and 8:00 on weekends (or at a time set by my parents). \_\_\_\_
- I will make sure that my phone is charged if I leave the house. Not having “enough juice” is no excuse for my parents being unable to contact me on my phone. \_\_\_\_
- I will not eat meals at home, or at a restaurant, while looking at my phone. I will put my phone away when we are having a family meal. \_\_\_\_
- I will respect the number of minutes, text messages and data limits on my contract. If I go over these limits, I understand that it is my responsibility to pay for the overages and I will lose my phone until the bill is paid. I will not purchase any apps without parental approval. \_\_\_\_
- I will take care of my phone. I will be careful not to lose it, drop it, throw it or get it dirty. \_\_\_\_
- I will give my parents all of the access codes, passwords and PIN numbers associated with my phone. Also, I will not share these credentials with my friends. I will not change my password without telling my parent(s). \_\_\_\_
- I will obey proper rules of etiquette regarding cell phones in public places. I will make sure my phone is turned off when I am in public places where phone use is not appropriate – including restaurants, church, movies, out in nature or in quiet settings. \_\_\_\_
- I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus. \_\_\_\_

- I know that my parents want me to be safe on my phone. I will immediately alert my parents if I receive a message or a call from a stranger or bully. If I am being harassed on my phone, either on a website, through email or on social media, I understand that I can tell my parents without consequence. \_\_\_\_
- If my parents call or text me on my cell phone, and I am in a safe place, I will always answer the call or respond to the text as soon as possible. \_\_\_\_
- I understand that having a cell phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble or out of danger. \_\_\_\_
- If I am driving a car, or riding a bike, I will not look at my phone until I am parked in a safe area. \_\_\_\_
- I will not take any embarrassing photos of myself, my family or my friends with my phone. I will not download or look at any inappropriate photos with my phone. \_\_\_\_
- I will not give or lend my phone to a friend without parental permission. \_\_\_\_
- I will not record any video that is inappropriate on my phone. \_\_\_\_
- I will allow my parents to have access to my phone at any time. There will be nothing on my phone that I am trying to hide from my parents. \_\_\_\_
- I will limit my daily cell phone use to \_\_\_\_\_ minutes. \_\_\_\_

**Cell Phone Contract: Parental Responsibilities**

- I will make myself available to answer any questions that my child might have about owning a cell phone and using it responsibly. \_\_\_\_
- I will support my child when he/she alerts me to an alarming voice message or text message that he/she has received. \_\_\_\_
- I will alert my child if there is a change to our cell phone plan. \_\_\_\_

Signed \_\_\_\_\_ (Child/Teen)

Signed \_\_\_\_\_ (Parent)

Signed \_\_\_\_\_ (Parent)

Date \_\_\_\_\_