

PARENT TO TEEN CELL PHONE CONTRACT



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CONGRATULATIONS!

You have proven yourself responsible enough to receive your own cell phone. Just as we have to sign a contract with a cell phone provider and agree to their terms and conditions, in order to receive this cell phone, you too must agree to our terms laid out in this agreement.

Why This Agreement?

A cell phone is a powerful device, but with great power comes great responsibility. My job as a parent is to help ensure you use this device responsibly and hold you accountable. This agreement is to clearly layout our expectations and your requirements.

Terms of Agreement

Basic Understandings (initial each after reading)

1. _____ The phone belongs to the parental unit(s). I am allowed to use it, provided that I abide the terms below. If I do not do so, the phone will be taken away and I will have to earn it back.
2. _____ I will always answer calls from my parents. If I miss a call/text from them, I will return it immediately.
3. _____ If I have a question about anything, ask a parental unit.
4. _____ I will make an effort to learn phone and internet etiquette. I understand this is an extension of normal manners. I will not be disruptive in my cell phone use. If any adult asks me to stop talking or texting, I will. I will silence it at mealtimes (including at restaurants), the movies, or while speaking with another human being. I will be polite and respectful.
5. _____ I will continue to live in the moment, not on my phone and will put it away immediately when asked to put it away and be present.
6. _____ I will not use my cell phone when at school unless emergency, instructed by school teacher/administrator, or calling for pick up.
7. _____ I will follow school rules about cell phones.
8. _____ If something happens to my phone, I am responsible for the replacement costs or repairs. This includes whether it's in my possession or if a friend does something to it.
9. _____ I am not allowed to have any apps or social media accounts, gaming accounts, etc. without parent permission. If this is violated it could result in the loss of the device.

Terms of Agreement

Appropriate Content & Sharing (initial each after reading)

10. _____ I will not text, message, or post people when I am emotionally upset. I will calm down first and then will talk to them in person, call, or video chat to work it out.

11. _____ I will not take a photo or video of someone else and post without their permission.

12. _____ I will follow the "Golden Rule 2.0 and only post, comment, or share of others as I want posted, commented, or shared about me and those that I care about." Any form of bullying or rude behavior will result in loss of the phone. If there is ever any doubt, I will not send/post/share it. I will always be kind: online, on my phone, and in person.

13. _____ If I am cyberbullied, I will be open and honest with my parents, guardian, or trusted adult so that we can deal with it as a team.

14. _____ If myself or others are at risk of harming themselves or others, I will tell a trusted adult immediately.

14. _____ I will keep my private parts private. I will not search/view/share anything I would not share at the dinner table or see on a billboard.

15. _____ I understand if I receive an image showing private parts of a minor and share it, it is a crime.

16. _____ I understand when I delete things off my phone or use self-deleting apps like SnapChat, these images can actually be recovered.

17. _____ I understand that my behavior on my phone can affect my reputation and that the internet is not written in pencil; it is written in ink. Even when having the ability to remove something after I post it or use self-deleting apps, I understand that they can easily be copied/saved/downloaded and can last forever. I know that what I do on the Internet is a representation of myself, and can impact my life today and well into the future. I will follow the "billboard rule of thumb" by not posting anything that I would not want on a billboard for all of my loved ones to see (including college recruiters, future employers, etc).

Agreements for Safety

18. _____ I will not share any photos or personal information (such as birth date, location, address, phone number, with people online that I do not know in person without parents' permission.

19. _____ I will alert my parents when I receive suspicious or alarming phone calls or text messages from people I do not know. I will also alert my parents if I am being harassed by someone via my cell phone.

20. _____ I will always provide my parental unit(s) with the password for this phone and every app. I understand they will monitor my phone regularly, including text messages, videos and apps. If there is an issue, we will discuss it together.

21. _____ I will never text and drive nor will I allow anyone driving me to text and drive. I understand a distracted driver is not a safe driver. If I am in the car with a driver who is attempting to text and drive I will speak up.

Terms of Agreement

Screen Time Agreements

22. _____ I will give the phone to a parent or place it in the central charging location at ___ p.m. every school night and at ___ p.m. every weekend night, and will not get it back until ___ a.m. on weekdays and at ___ a.m. on weekends unless exception is being made with agreed upon with parent.

23. _____ If I exceed the allotted minutes and messages, I am responsible for the charges.

24. _____ I will not use my cell phone when at school unless emergency, instructed by school teacher/administrator, or calling for pick up.

25. _____ The following places are no-phone zones without permission:
(Examples: bedroom, kitchen, behind closed doors etc.)

1. _____

4. _____

2. _____

5. _____

26. _____ Our family does not use our phones during (Examples: dinner, family time, etc) :

1. _____

3. _____

2. _____

4. _____

27. _____ Additional Stipulations: To earn cell phone use and/or personal screen time for the following day, the following must be completed: (Add what is needed to earn the following days screen time, such as Room Clean, Chores completed, Homework completed, heart pumping physical activity, etc.)

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Consequences

28. _____ If I make mistakes there will be consequences. It is my parental unit(s) job to help me be safe and responsible because they love me. I understand that this phone is a privilege, not a right. I agree that I have read the following document and agree to the terms above. If at any time I violate one of these terms, I acknowledge that this phone may be taken away and I will have to earn it back.

Note: This contract is active when signed and either party has the right to revisit and edit the agreement as needed. If so, a new contract should be discussed and signed.

Sign & Date:

Kid/Teen Signature: _____

Parental Unit(s) Signature(s): _____