

## **[Tween's Name] Cell Phone Responsibilities**

- I will share my phone's password with my parents and they may use it to check my phone at any time.
- I will not send threatening or mean texts to others.
- I will not text or place phone calls after 9 p.m.
- I will keep my phone charged at all times.
- I will answer or respond promptly when my parents contact me.
- I will not bring my cell phone to the family dinner table.
- I will not go over our plan's monthly minutes or text message limits. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my cell phone privileges.
- I understand that I am responsible for knowing where my phone is, and for keeping it in good condition.
- I will obey rules of etiquette regarding cell phones in public places. I will make sure my phone is turned off when I am in church, restaurants, or other 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 will alert my parents when I receive suspicious or alarming phone calls or text messages from people I don't know.
- I will also alert my parents if I am being harassed by someone via my cell phone.
- I will not use my cell phone to bully another person.
- I will send no more than \_\_\_\_\_ texts per day.
- 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 and out of danger.
- I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take embarrassing photos of others.
- I will not use my phone to buy or download anything without asking permission first.

## **Consequences**

- 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.
- If needed, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my parents.
- I understand that my cell phone may be taken away if I talk back to my parents, fail to do my chores, or fail to keep my grades up.

## **Parent Responsibilities**

- I understand that I will make myself available to answer any questions my child might have about owning a cell phone and using it responsibly.
- I will support my child when they alert me to an alarming message that they have received.
- I will alert my child if our cell phone plan changes and impacts the plan's minutes.

- I will give my child \_\_\_\_\_ warning(s) before I take his or her cell phone away.

Signed \_\_\_\_\_ [Tween]

Signed \_\_\_\_\_ [Parents]

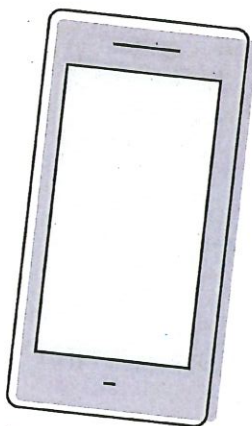
Date \_\_\_\_\_

# CELL PHONE CONTRACT

# 1

## ▶ USAGE

- ☐ I will plug my cell phone in my parent's room by \_\_\_\_ p.m. on school nights and \_\_\_\_ p.m. on the weekend.
- ☐ I will always have my cell phone turned on when I'm out with friends.
- ☐ I will always answer call or texts from my parents.



## ▶ ETIQUETTE

- ☐ I will not use my cell phone during family mealtimes or family time.
- ☐ I will not text or use my cell phone when I am doing homework or while in school.
- ☐ I will not text or talk on my cell phone while I am driving.
- ☐ I will not look at my cell phone when talking to someone in person.
- ☐ If I am asked to stop using my cell phone, I will happily do so.

## ▶ HONOR CODE

- ☐ I will never message or talk to someone and then delete or hide it from my parents.
- ☐ I will never open or view pages that are not permissible, such as: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
- ☐ I will never share personal information such as name, address, phone number, school, etc.
- ☐ I will never send, forward or respond to mean or threatening messages.
- ☐ I will never buy or download anything without my parents' permission.
- ☐ I will never give my passwords to anyone but my parents; they will have access to all of my passwords.
- ☐ I will never join social media networks without permission.
- ☐ I will tell my parents immediately if something on my phone is inappropriate.
- ☐ I will give my parents access to my phone whenever.

# 2

## ▶ CONSEQUENCES

*I understand that I risk the following consequences for violating any of the above:*

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# 3

## ▶ SIGNATURES

*I understand that a cell phone is a privilege that I must earn by being responsible and trustworthy.  
I will follow this contract at all times.*

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

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

# Teen SmartPhone Contract

1. I will not be on my phone when the rest of the family is sitting around me involved in a conversation-not for games, texting or social networking.
2. When walking in public, my phone will be in my pocket. I will not be on my phone (texting, typing or playing) while walking.
3. I will not use my phone during meals. Period. This includes meals at home, at a restaurant or at friend's houses.
4. I will not lie about what I'm doing on my phone. Lying takes away your trust in me and it's really hard to get that back.
5. I'll add my daily and weekly chores and tasks to a reminder with alerts and will not get on my phone before my chores are finished except to listen to music.
6. I will not use my phone to do anything mean-no bullying, no teasing, no being rude.
7. I will not take pictures of people and post them without permission.
8. I will never post anything online that I wouldn't text to you or Dad.
9. My social networks are limited to Facebook and Instagram. We will discuss adding more later when I show you responsibility using these two.
10. I will login to the Verizon app and keep track of my minutes and data usage. Any charges will be taken out of my allowance.
11. I will pay for 1/2 of my bill each month by doing extra chores. When my phone is taken away Verizon still charges you-I will pay for that by continuing to do extra chores.
12. I will put my phone on the charger in the kitchen every night by 9pm and I understand this phone is yours-you will check it whenever you want to.

\_\_\_\_\_ child \_\_\_\_\_ parent \_\_\_\_\_ date

## Cell phone contract for younger kids

This contract between \_\_\_\_\_ and \_\_\_\_\_  
begins on \_\_\_\_\_. We'll look at it every \_\_\_\_\_ weeks to see how it's going.

### Kid section

I know I need to:

- |  |   |
|--|---|
| <input type="checkbox"/> Think before acting | <input type="checkbox"/> Be responsible for what I do |
| <input type="checkbox"/> Stay safe           | <input type="checkbox"/> Take care of my phone        |

I will remember that having a phone is a privilege and a responsibility.

I agree to (check all that apply):

- ☐ Only use this phone to call people I'm allowed to call.
- ☐ Not send or forward mean or inappropriate texts or pictures.
- ☐ Get permission before downloading any apps.
- ☐ Respect that between \_\_\_\_\_ and \_\_\_\_\_ are phone-free hours.
- ☐ Leave my phone in the \_\_\_\_\_ for charging during homework time and at bedtime.
- ☐ Give you my password(s) and know you'll be doing random checks.
- ☐ Understand that if I break or lose my phone, it may not be replaced.
- ☐ Answer when you call.
- ☐ Tell you about anything I see or receive on my phone that makes me uncomfortable.

### Parent or guardian section

I know that having a phone takes some getting used to. I need to:

- Understand you'll make mistakes.
- Listen to you when you tell me about something that makes you uncomfortable online.
- Learn new things so I understand the apps you want to use.
- Set a good example by not texting and driving.

## Cell phone contract for younger kids

## Deal-breakers

We agree that the following behaviors are deal-breakers and will cause my phone to be taken away until we work out a new contract.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. On the left side, there is a vertical margin line, also in blue or grey, which creates a narrow left margin. The paper appears to be from a notebook or a standard ruled sheet of paper. There are no markings, text, or drawings on the page.

## Signatures

Child

Parent or caregiver

# Cell phone contract for older kids

This contract between \_\_\_\_\_ and \_\_\_\_\_  
begins on \_\_\_\_\_. We'll look at it every \_\_\_\_\_ weeks to see how it's going.

## Kid section

I agree that the following are concerns when I use my phone (check all that apply):

- |   |   |
|---|---|
| <input type="checkbox"/> Thinking before acting   | <input type="checkbox"/> Managing my time                 |
| <input type="checkbox"/> Coping with distractions | <input type="checkbox"/> Being accountable for my actions |

I agree that having a phone is a privilege and a responsibility.

I agree to the following for the period of this contract (check all that apply):

### Thinking before acting

- ☐ Avoid risk by not posting inappropriate pictures or videos.
- ☐ Act as though everything I share, text, or post will be read by you.
- ☐ Use my phone to communicate only with people I know and trust, and let you know if exceptions come up.
- ☐ Lend my phone only to people I know and trust and only within my sight.

### Managing my time

- ☐ Respect that between \_\_\_\_\_ and \_\_\_\_\_ are phone-free hours.
- ☐ Keep track of and respect the limits on my phone's plan (minutes, texts, and data).
- ☐ Leave my phone in the \_\_\_\_\_ for charging during homework time and when I go to bed.

### Coping with distractions

- ☐ Designate a spot for my phone in my backpack or bag.
- ☐ Put my phone away during class and at family mealtimes.
- ☐ Never text or make phone calls when driving.

### Being accountable for my actions

- ☐ Give you my password(s) and know you'll be doing random checks.
- ☐ Keep my phone charged and answer when you call.
- ☐ Spend a maximum of \$ \_\_\_\_\_ on apps per month and pay any overages.
- ☐ Replace my phone at my own expense if I break it or lose it.

## Cell phone contract for older kids

### Parent or guardian section

I know that we both might make mistakes when it comes to cell phone use.

I agree to (check all that apply):

- |   |  |
|---|--|
| <input type="checkbox"/> Learn new things so I understand the apps you want to use. | <input type="checkbox"/> Not overreact if you make a mistake.  |
| <input type="checkbox"/> Set a good example by not texting and driving.             | <input type="checkbox"/> Listen to you when you tell me about something that makes you uncomfortable online. |

### Deal-breakers

We agree that the following behaviors are deal-breakers and will result in my phone being taken away for \_\_\_\_\_ days/weeks (circle one).

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Signatures

\_\_\_\_\_ Child

\_\_\_\_\_ Parent or caregiver

# **The Teen Cell Phone Agreement**

**Dear Caring Adult,**

This contract is designed to create an open line of communication between you and your kid regarding their cell phone. The goal is to help your kid become a well rounded person who can coexist with technology, NOT be ruled by it.

**You probably find yourself in one of two situations:**

**They already have a cell phone and you haven't had clear rules in place.**

Expect the conversation to be a bit tougher here. They will feel you are setting the ground rules after the game has begun.

Admit that you made a mistake (we all do) and that because you care about them (which you do), that's why we are doing this.

**OR**

**You're about to give them a cell phone.**

**GOOD NEWS!** There is no better time to get people to agree to what you want than when you're handing them a shiny new toy.

"I just need you to review and sign this understanding about your cell phone -- then it's all yours!"

Edit the contract on the next page as needed to make it your own.

Encourage your kid to ask questions, and don't be afraid to have a few laughs along the way.

Cheers,

*Josh Shipp!*

Dear \_\_\_\_\_,

**CONGRATS!** You've proven yourself mature and responsible enough for your own cell phone. Given that you have a new cell phone in your hands, we obviously trust you to make good decisions—so why are we making you sign this lame thing that's loaded with stuff that you probably already know?

Well, let me get to the point.

**A cell phone is more than a piece of technology. If used wrongly, it can be a weapon that puts your safety at risk. You've always been a great kid, and we want to make sure that you continue making smart choices.**

The goal of this agreement is to make sure that you're always safe and happy—and that we always maintain a direct and open line of communication. I'm asking you to always use your phone for good and to ask for help from me or a trusted adult when a situation leaves you feeling scared or unsure.

Please review this contract, and be sure to ask me any questions that you may have.

With love,

\_\_\_\_\_

## Family Cell Phone Agreement

1. I understand that the rules below are for my safety and that my parents love me more than anything in the world. I understand that my parents want to give me freedom, while also giving me enough security to make smart choices. **Initial here:** \_\_\_\_\_
2. I promise that my parents will always know my phone passwords. I understand that my parents have a right to look at my phone whenever there's a need for them to do so, even without my permission. **Initial here:** \_\_\_\_\_
3. I will hand the phone to one of my parents promptly at \_\_\_\_\_ pm every school night and every weekend night at \_\_\_\_\_ pm. I will get it back at \_\_\_\_\_ am. **Initial here:** \_\_\_\_\_
4. I will not send or receive naked photos. Ever. I understand that there could be serious legal consequences that could put mine and my parents' future at-risk. **Initial here:** \_\_\_\_\_
5. I will never search for porn or anything else that I wouldn't want my grandma finding. **Initial here:** \_\_\_\_\_
6. I understand that my behavior on my phone can impact my future reputation—even in ways that I am not able to predict or see. **Initial here:** \_\_\_\_\_
7. I promise I will tell my parents when I receive suspicious or alarming phone calls or text messages from people I don't know. I will also tell my parents if I am being harassed by someone via my cell phone. **Initial here:** \_\_\_\_\_
8. When I am old enough, I won't text and drive. I understand it's very dangerous and pretty stupid. **Initial here:** \_\_\_\_\_
9. I will make an effort to learn phone and internet etiquette. I understand this is an extension of normal manners. I will turn off, silence, and put my phone away in public—especially in a restaurant, at the movies, or while speaking with another human being. I am not a rude person. I will not allow the phone to change this important part of who I am. **Initial here:** \_\_\_\_\_
10. I will NEVER use my phone or social media to bully or tease anyone, even if my friends think it's funny. **Initial here:** \_\_\_\_\_
11. I will not lie about where I have been or how I am using the phone. I promise to answer questions openly, honestly, and directly. **Initial here:** \_\_\_\_\_

I understand that this is NOT my phone and that it was paid for by my parents. Having this phone is not a right—it is a privilege that can be taken away. As such, I have read the following document and agree to the above rules. I understand that if I have any questions, I should talk to my parents face-to-face.

\_\_\_\_\_  
Sign here