

Dear _____,

SURPRISE! You have proven yourself mature and responsible enough for a smart-phone. Given that you are about to have a brand new phone in your hands, we obviously trust you to make good decisions but we have some very high expectations for you.

A cell phone is more than just a piece of technology. If used wrongly, it can become a weapon that puts you at risk physically, phycologically, and emotionally. You have always been a great kid, and we do not want to see that change.

The goal of this document is to make sure that you are always safe and happy—and that we always maintain a direct and open line of communication with each other.

We expect you to always use this phone with maturity, compassion, and healthy boundaries. and to ask for help from us or another trusted adult when a situation leaves you feeling scared or unsure of what to do next.

Please review this contract, and ask us any questions you may have.

We love you,!

Mom & Daddy

Cell Phone Contract

1. I understand that the rules listed here 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 healthy boundaries and room to make my own 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 a need arises, even without my permission.

Initial here: _____

3. I will plug my phone in every night in mom and dad's room before bed.

Initial here: _____

4. I will set limits on my screen time and not make changes without their consent. I will have "Downtime" limits in place to ensure I have time away from my phone and the stress it can bring. I will set these limits with my parents.

Initial here: _____

5. 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. I will not share my body with anyone over FaceTime or any other video chat app and not will also not FaceTime with members of the opposite sex alone in my room or while home alone, period.

Initial here: _____

6. I will never search for, or allow anyone else to search for pornography or anything else on my phone that I would not want my grandparents finding out about.

Initial here: _____

7. I understand that my behavior on my phone and online can impact my future reputation—even in ways that I am not able to see right now.

Initial here: _____

8. I promise I will tell my parents when I receive suspicious, scary, or inappropriate phone calls or text messages from people I do or do not know. I will also tell my parents if I am being harassed by someone via my cell phone.

Initial here: _____

9. When I am old enough to drive, I will not text and drive. I understand it is very dangerous and stupid.

Initial here: _____

10. I will make an effort to learn phone and internet etiquette. I understand this falls under the category of normal manners. I will turn off or silence my phone and put it 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 about me.

Initial here: _____

11. I will invest in the people in my life and will make sure my phone does not replace the time I spend face to face with my friends and family. Group chats and FaceTime are very different from spending real quality time together.

Initial here: _____

12. I will NEVER use my phone or social media to bully or tease anyone, even if my friends think it is funny.

Initial here: _____

13. I will not use any social media apps without my parents' knowledge and permission. I know there are good and bad things surrounding social media and understand that my parents are trying to make sure I am mature and ready to use social media with maturity, compassion, and healthy boundaries. If I do this, I will lose the privilege of having a phone.

Initial here: _____

14. I understand that a smartphone is an expensive device that my parents are entrusting me with. I will care for it as such and should I damage it, I will be responsible for contributing what I can towards covering the cost of repair or replacement.

Initial here: _____

15. I will not lie about where I have been or how I am using my phone and I promise to always answer when my parents call, unless it is inappropriate or rude to do so. I promise to answer questions about my phone usage openly, honestly, and directly.

Initial here: _____

I understand that having this phone is not a right, it is a privilege that can be taken away if my parents see negative changes in my behavior, attitude, and self-esteem. 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.

Your Signature

Date

Parents' Signature

Date