

Family Phone Agreement



_____,

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's 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, or others, at risk. You've always been an awesome daughter/son, 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, interact with your world responsibly, and that we always maintain an open line of communication. I'm/We're asking you to always use your phone for good, and to ask for help from me/us or a trusted adult, when a situation leaves you feeling scared or unsure. Please review this agreement, and be sure to ask me/us any questions that you may have.

With Love, _____

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This Agreement is between:

_____ [Parents] and _____ [Child]
seeks to establish family guidelines and consequences regarding cell phone usage.

Family Phone Agreement

Child[ren]

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 guidelines to make smart choices.

- I will place my phone promptly in the place my parents designate for it, at the time they state, every week/weekend night. I will get it back in the morning at the stated time.
- I understand that everything I upload or post online is available for the world to read/see and may negatively impact my present and future if it's inappropriate or foul in nature.
- 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 search for porn or anything else that I wouldn't want my grandma to see.
- I will not use my phone or social media to bully or tease anyone, send threatening or mean texts, or speak disrespectfully to someone on a call, even if my friends think it's funny.
- I will not make phone calls after ___p.m.
- I will not bring my cell phone to the family dinner table unless invited to by a parent.
- I will not make in-app purchases or incur charges without prior approval from Dad or Mom. If I do, I understand that I may be responsible for paying those charges, or that I may lose my phone privileges.
- I understand that I am responsible for knowing where my phone is, taking care not to throw it around, or cause damage to it.
- I understand that my phone may be taken away if I talk back to my parents, fail to keep my grades up, do my chores or spend too much time on my device.
- 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 or quiet settings- especially in a restaurant, at the movies, church 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.
- I will obey any rules my school has regarding phones, such as turning them off during class, or keeping them on vibrate while riding the school bus.
- 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 phone.
- When I am old enough, I won't text and drive. I understand it's very dangerous and pretty stupid.

Family Phone Agreement

- 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 understand that having a phone is a privilege and that if I fail to adhere to this contract, my cell phone privilege may be revoked.
 - 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.
 - I will never share personal information online, such as home address, school, name, phone number, etc.
 - I will always have my phone turned on when I'm away from home, and answer calls or texts from my parents.
 - I will make sure my parents 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.
 - 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's a privilege that can be taken away. As such, I have read the agreement and I agree to the above guidelines. I understand that if I have any questions, I should talk to my parents face-to-face.
- + I understand that if I show maturity in my words and actions at home and elsewhere, and with my phone usage, I may be rewarded in kind for such behavior.

Parents

- As a consequence for breaking this agreement, or for behavioral issues, we will give _____ warning(s) before taking your phone away.

Signed

_____ (Teen/Tween)

_____ (Parents)

Date _____

[sources: FreeTeenHelp.com, VeryWellFamily.com, imom.com]