

CELL PHONE AGREEMENT

Congratulations! Getting a cell phone is a big deal! And we think you're ready for this next big step toward becoming responsible with technology. You will be communicating with the world in a whole new way!

This device is a powerful tool that can be used for good, but also for harm—whether that's harm to you, or even harm to others. So to *keep you safe*, let's agree on some smart guidelines for how and when you will use it.

Read through the following list, and initial to show agreement on each point.

I understand that having a smart phone comes with great responsibility. I realize that I can't have full access at once, but can earn more freedom over time.

I will always share my password(s) with my parent(s). This also includes social media accounts.

My parent(s) has/have the right to look through my phone at any time and without my permission. I know this is for my safety as I learn to make wise decisions.

I will not take my phone to my room at night, but will leave it _____ by _____ pm.

When I start to drive, I will NEVER text and drive. Not only is it dangerous, but it's illegal.

If I lose or damage my phone and want to repair it or replace it, I will work to earn the money.

I will always show good manners to any person who is in front of me by putting my phone away and looking into their eyes when they are talking.

I will never bully or harass anyone using my phone. That includes joining in on conversations that tease or make fun of others.

I understand that texting, sending, or posting naked pictures (or pictures of private parts) can forever damage my reputation and get me into serious legal trouble. I will never send these types of photos.

If I receive any inappropriate images, I will tell my parent(s). I know I will never get in trouble for something that someone else sends me as long as I tell someone.

I will tell my parent(s) if I'm being bullied or harassed by anyone, or if I receive something alarming from someone I don't know.

I am aware that my parent(s) will occasionally track my location using features associated with my phone. This will keep me safe and help to earn more freedom over time.

I understand that there will be filters in place to limit my access to the internet; these are for my safety.

I will request permission for the apps I download. I realize that I may be told no, especially when there are age limitations.

Just like I would be careful who I invite into my room, I will not video call anyone from my room or in private.

If I break this agreement, I know this phone will be taken away for a period of time until I can regain trust.

I understand that how I use my phone will impact my future in ways I may never know. My goal is to learn to be responsible with how I use this powerful tool, and to always use it in positive ways. I know that this also means that even when I'm older, I will need to seek accountability from others to help me make wise decisions.

Don't worry, your parent(s) isn't off the hook on this one. There's stuff you can hold them to on the back.

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For Parents



Read through the following list, and initial to show agreement on each point.

I understand that when my child gets a smart phone, they will have instant access to the world. The way I help them learn to use it responsibly, by gradually earning more freedom, will help keep them safe and set them up for a better future.

How I use my cell phone is a model for how my child learns to use theirs.

I give _____ the right to look through my phone at any time. I know this is a helpful safeguard for me, even as an adult.

I care enough about my child to monitor their cell phone usage and social media accounts.

I will NEVER text and drive.

I refuse to be rude to others when using my phone, and will prioritize face-to-face conversations, especially with my family.

Our family will use tracking features on our devices so each family member knows where we are at all times. This is for safety and convenience.

I care enough about the safety of my child to put filters in place to limit their access to the Internet.

I will abide by the age limitations of apps when giving my child permission to download them. (A family sharing plan requires a child to ask permission for app downloads.)

I will always work to use technology in positive ways and will continually seek accountability from others to help me make and model wise decisions.