

Congratulations! You are now the proud owner of a new phone. You are a helpful and responsible young person and you deserve this gift. With the acceptance of this gift come certain expectations and consequences for violating those expectations. Please read through the following contract. I hope that you understand it is our responsibility to raise you into a well rounded, healthy person that can function and coexist with technology, not be ruled by it. Failure to comply with the following list will result in suspension or termination of your phone use. It is our phone. We bought it and pay for it. We are loaning it to you. Aren't we fantastic? We love you with all our being and look forward to sharing several million texts, pictures and video chats with you.

This contract between your Parents (yes, us, Mom and Dad) and you, our daughter, is an agreement regarding family expectations regarding mobile phone use and electronics.

Smart Phone: Your Responsibilities

1. After school there will be a phone blackout period. I will complete my homework and home duties during this time. I will not have my phone next to me while doing homework unless approved by my parents for doing the homework itself. I will not text during homework time except with my parents. I will respect the boundaries set by my caregivers when my parents are not around.
2. I will not text, call or place phone calls after the following times. When I am at home, I will put my phone on the charger every evening at the following times:
 - a. Every school night by 8:30 p.m. and every weekend night by 9:00 p.m. It is my responsibility to communicate this rule to my friends. If they want for me to have a phone, they should respect this rule.
 - b. It will be shut off for the night and not touched until after 8:00 a.m. on weekends and 7:00 a.m on school days.
3. I will not use my phone during meals anywhere. I will not use my phone when my family is sitting with me in conversations (not for games, texting or social networking). I will follow appropriate public etiquette. Turn it off, silence it, put it away in public. Especially in a restaurant, at meals, at the movies, or while speaking with another human being. I am not a rude person; I will not allow a phone to change that.
4. I will not bring my phone into my bed in the evening. I will not use my phone in the bathroom except to listen to music while showering.
5. 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.
6. I understand that my cell phone may be taken away if I talk back to my parents, I fail to do my household responsibilities or fail to keep my grades up.
7. I promise 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
8. I will turn my phone off or put it away when my parents say to do so.
9. I am not allowed to share any passwords with my friends or others outside of my parents. I will share all my passwords with my parents for safe storage. I will ask for

permission before adding any social media apps and understand that we will draft other agreements that will apply to their use.

10. If it falls in water, gets broken or damaged, or vanishes into thin air, I am responsible for the replacement costs or repairs. Do some tasks, extra jobs, save money, be prepared.
11. I will not text, email, or say anything through this device I would not say in person. I will not use this technology to embarrass, hurt or deceive another human being. I will not text, email, or say anything to someone that I would not say out loud with their parents or us in the room. I will not forward, send or receive pictures of my or anyone else's private parts. I am a good friend and will stay out of drama. I will remember two key things, anything on my phone or online is both public and permanent. I will also remind my friends of this to help them avoid doing things they might regret. I have a personal and a digital citizenship. No matter how apps and devices change, if I remember I leave a digital footprint wherever I go, I will transition smoothly.
12. I will only search the web for information I would openly share with my parents. If I have a question about anything I know I can ask my parents.
13. I will live my life. The phone is not me and I am not my phone. I will not respond like a Pavlovian experiment to every buzz and text I receive. Humans and society, operated without this technology for 1000s of years. I can live without my phone, texting and apps and my friends can live without them just as well. My parents are not my friends' parents. My parents have their own boundaries and expectations and I will abide by those. I am whole and complete and perfect as I am without any device or ability to text, phone or message another person.
14. 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

Most of the expectations listed are relevant in life and not just with a phone. I am growing up in a fast and ever changing world. I will mess up sometimes. My parents will take away my phone. We will sit down and talk about it. We will start over again. We are always learning together. My parents are on my team. I will trust my amazing mind and giant, compassionate heart before and above any device or machine no matter how smart people say my phone is. My parents love me and hope I enjoy my awesome phone.

Cell Phone Contract: Parent Responsibilities

- We understand that we will make ourselves available to answer any questions my child might have about owning a phone and using it responsibly.
- We will support our child when he or she alerts me to an alarming message or text message that he or she has received.
- I will alert my child if our cell phone plan changes and impacts the plan's usage.

Signed _____ (Child)

Signed _____ (Parents) _____

Date _____