

Cell Phone Contract: Parent-Tween

This contract between _____ and _____
seeks to collaboratively establish family rules around cell-phone usage.

Tween Responsibilities

- I understand that having a cell phone is a privilege and an opportunity to earn trust. Having a cell phone will give me access to many opportunities for connecting with friends and for learning, but it also comes with some risks and responsibilities. I agree to do my best to handle this phone responsibly.
- I will not go over our plan's monthly data limits. If I do, I understand that I may be responsible for paying additional charges, or I may lose my cell phone privileges.
- I understand I may be required to pay for any charges I incur without permission from my parents.
- I understand I'm responsible for taking care of my phone, which includes protecting it from water and reasonably predictable damages. I acknowledge that I may have to pay for repairs if damaged.
- It's my responsibility to keep my phone charged and updated.
- I understand that my parent(s) own the phone, I'm just using it; therefore they reserve the right to monitor, inspect, restrict and confiscate it as needed.
- I understand that my phone may be taken away if I fail to do chores, keep grades up, follow family rules, or violate this contract.
- I will not disable settings or create work-arounds to avoid parental monitoring of the phone.
- I will follow all school rules with respect to my cell phone.
- I will use my phone for good purposes only. I will not send mean, embarrassing, or hostile pictures or texts to others. I will not bully or tease others online or in messages.
- I will not take or send others' pictures without permission.
- I will not take or send pictures of anyone who is unclothed or inappropriately dressed, including myself.
- I will tell my parents if I receive inappropriate or suspicious messages or calls.
- I will tell my parents if others bully, harass or send inappropriate pictures or videos to me.
- 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 not use my phone during family meals.
- I will not download social media apps without permission.
- I will follow reasonable phone etiquette in public places such as not talking too loudly, playing games or leaving my ringer on in a quiet setting, like church or class.
- I will respond to texts or calls from my parents as soon as possible.
- I accept that if my parent(s) calls me three times in a row within a few minutes, then it's something important and I will stop everything and answer the phone.
- I understand that if I call my parent(s) three times in a row they will stop what they're doing and answer it.
- I understand that calling three times signals that something important is going on and I will not abuse it.
- I understand that having a phone may help if an emergency occurs but I should use good judgement to prevent the need for emergent action.
- My phone will charge nightly in _____ room starting at ___ pm until ___ am. I will not use the phone during that time, except when given permission.

Parent Responsibilities

- I will be available to answer questions and teach how to use and take care of my child's phone so they can make the most of the technological privilege they've been given.
- I will support my child if they come to me disclosing inappropriate messaging, bullying or other inappropriate content targeting them.
- I will support my child in helping them navigate complicated social situations online or by phone/messaging.
- I will return all texts and calls ASAP.
- If I receive three calls in a row from my child within a few minutes, I will stop what I am doing and answer immediately.
- I will give my child _____ warning(s) before I take his or her cell phone away.

Signed _____ (Tween)

Signed _____ (Parents)

Date _____