



Family Contract for Cell Phone Usage

Teen Promise:

I will always answer the phone when my parents are trying to call me.

If I miss a call from my parents I will contact them as soon as I realize it.

I will not answer the phone if I do not recognize or know the number calling me but let it go to voice mail.

If I receive a voice mail from someone I do not know I will let my parents hear the message.

I will not text with anyone I do not know and I will never say anything over text that I would not say in person or in front of my parents.

I will show my parents any inappropriate texts or images that I receive. I will not respond to these messages or images.

I will not send, forward, post or share any picture or message that could be seen as mean or inappropriate.

I will only take and/or share pictures from my device that I am ready for the whole world to see. If the picture is meant to be "private only" I will not take or send that picture.

I realize that some pictures teens take could be illegal. I will never take a picture of myself or anyone else that could be illegal. If I receive a picture that could be illegal I will get my parents involved.

I will follow my schools rules about cell phone usage.

I will not use, look at or touch my phone while operating a motor vehicle or at any other time the use may put me or others in danger. This includes the camera, phone and texting.

My parents will have any and all passwords and security codes to my phone.

I will not install any apps or programs on my phone without talking to my parents first and getting their permission.

I realize that the use of a phone is a privilege and I will respect that.

If I break any of the above rules the agreed upon consequence will be _____

Parent's Signature _____

Date _____

Child's Signature _____

Date _____



Parent Promise:

I will take an interest in what my child is doing on the phone and what apps/programs they are using.

If I do not understand how an app/program works, I will ask, listen and learn.

I will always listen when my child comes to me with a concern, idea, request or problem relating to their phone activity.

If my child is open and honest, we can communicate kindly, no yelling, and will be respectful towards each other.

I will lead by example and will not use my phone for any reason while I am operating a car unless it is hands free and can be done in a safe manner.

If my child tells me about someone who is in danger I may need to talk to someone for assistance (school, police, doctor, professional, etc.). This does not mean my child is in trouble, has done anything wrong or I am upset but I may need some help from people with more experience and/or resources.

If I have a concern I have the right to access my child's phone and apps.

I will frequently check my child's phone and activity to assure appropriateness and safety.

I have the right to limit the amount of time my child uses their phone. I also realize that if my child follows this contract and continues to grow and keep my trust I can increase the amount of phone usage time.

I will learn about the safety features and "parental controls" for the phone my child uses.

I understand that everyone makes mistakes. If my child makes a mistake and tells me, we will work through it together to learn from it and do everything we can to see it does not happen again. (This does not mean there will not be a consequence but we will learn from it).

As a family, other rules we agree to are: _____

Parent's Signature _____

Date _____

Child's Signature _____

Date _____