

## Cell Phone: Responsibilities & Contract

Dear \_\_\_\_\_,

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, I obviously trust you to make good decisions—so why am I making you sign this lame thing that's loaded with stuff that you probably already know? Well, let me get to the point. A cell phone is more than a piece of technology. If used incorrectly, it can be a weapon that puts your safety at risk. You've always been a great kid, and I want to make sure that you continue making smart choices. The goal of this agreement is to make sure that you're always safe and happy—and that we always maintain a direct and open line of communication. I'm asking you to always use your phone for good and to ask for help from me when a situation leaves you feeling scared or unsure. Please review this contract, and be sure to ask me any questions that you may have.

With love,  
Mom

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I understand that the rules below are for my safety and that my Mom loves me more than anything in the world. I understand that my Mom wants to give me freedom, while also giving me enough security to make smart choices.

Initial here: \_\_\_\_\_

I promise that my Mom will always know my phone passwords. I understand that my Mom has a right to look at my phone whenever she feels it's necessary.

Initial here: \_\_\_\_\_

I will hand the phone to my Mom promptly at \_\_\_\_\_ pm every school night and every weekend night at \_\_\_\_\_ pm. I will get it back in the morning.

Initial here: \_\_\_\_\_

I will not send or receive naked photos.

Initial here: \_\_\_\_\_

I promise I will tell my Mom if I receive suspicious or alarming phone calls or text messages from people I don't know. I will also tell my Mom if I am being harassed by someone through social media.

Initial here: \_\_\_\_\_

I will NEVER use my phone or social media to bully or tease anyone, even if my friends think it's funny.

Initial here: \_\_\_\_\_

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—especially in a restaurant, at the movies, or while speaking with another human being.

Initial here: \_\_\_\_\_

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.

Initial here: \_\_\_\_\_

I promise that I will do my best to not go over our plan's monthly minutes or data usage. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my cell phone privileges.

Initial here: \_\_\_\_\_

I understand that I am responsible for knowing where my phone is, and for keeping it in good condition. In keeping with this theme, I will NOT let anyone use my phone.

Initial here: \_\_\_\_\_

I understand that my cell phone may be taken away if my Mom thinks that I have 'crossed the line' in any facet of life or if I don't keep my grades up.

Initial here: \_\_\_\_\_

I promise to put my cell phone away during homework time and that my homework takes priority over my phone.

Initial here: \_\_\_\_\_

I promise to obey any rules my school has regarding cell phones, such as turning it off during class, or keeping it in my locker.

Initial here: \_\_\_\_\_

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.

Initial here: \_\_\_\_\_

I promise that I won't post pictures of anyone on social media unless I have their permission. 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.

Initial here: \_\_\_\_\_

If needed, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my Mom.

Initial here: \_\_\_\_\_

## Cell Phone Contract: Parent Responsibilities

I promise that I will make myself available to answer any questions you might have about owning a cell phone and using it responsibly.

Initial here: \_\_\_\_\_

I recognize that, as a new cell phone owner, you might make some mistakes. I promise to not get angry if you come to me and tell me what you have done. Rather, I will give you advice that will make better decisions in the future.

Initial here: \_\_\_\_\_

I will support you when you alert me to an alarming message or text message that you have received. When this happens, I promise to talk with you about what action needs to be taken.

Initial here: \_\_\_\_\_

I will alert you if our cell phone plan changes and impacts the plan's minutes.

Initial here: \_\_\_\_\_

I will give you \_\_\_\_\_ warning(s) before I take your cell phone away.

Initial here: \_\_\_\_\_

Signed \_\_\_\_\_ (\_\_\_\_\_)

Signed \_\_\_\_\_ (Mom)

Date \_\_\_\_\_