



parent
 tips

Cell Phone Agreement

Dear Caring Adult,

This contract is designed to create an open line of communication between you and your kid regarding their cell phone.

The goal is to help your kid become a well rounded person who can coexist with technology, NOT be ruled by it.

You probably find yourself in one of two situations:

1. They already have a cell phone with no clear rules in place.

Expect the conversation to be a bit tougher here. They will feel you are setting the ground rules after the game has begun. Admit that you made a mistake (we all do) and that because you care about them (which you do), that's why we are doing this.

2. You're about to give them a cell phone.

GOOD NEWS! There is no better time to get people to agree to what you want, than when you're handing them a shiny new toy. "I just need you to review and sign this understanding about your cell phone -- then it's all yours!"

Edit the contract on the next page as needed to make it your own.

Encourage your kid to ask questions... and don't be afraid to have a few laughs along the way!

Cheers,

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, we obviously trust you to make good decisions—so why are we 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 wrongly, it can be a weapon that puts your safety at risk. You are a great kid, and we want to make sure that you continue making smart choices without putting anyone in danger.

The goal of this agreement is to make sure that you're always safe—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 or a trusted adult when a situation leaves you feeling scared or unsure.

With love,

(PUT YOUR INFO HERE)

I. Cell Phone Agreement - RULES

1. I understand that the rules below are for my safety and that my parents love me more than anything in the world. I understand that my parents want to give me freedom, while also giving me enough security to make smart choices. Initial here: _____
2. I promise that my parents will always know the phone passwords. I understand that my parents have a right to look at this phone whenever there's a need for them to do so, this is my permission. Initial here: _____
3. I will hand the phone to one of my parents promptly at _____ pm every school night and every weekend night at _____ pm. I will get it back at _____ am. Initial here: _____
4. I will not send or receive naked photos. Ever. I understand that there could be serious legal consequences that could put mine and my parents' future at-risk. Initial here: _____
5. I will never search for porn or anything else that I wouldn't want my grandma finding. Initial here: _____
6. I understand that my behavior on my phone can impact my future reputation—even in ways that I am not able to predict or see. Initial here: _____
7. I will tell my parents when I receive suspicious or alarming phone calls or text messages from people I don't know. I will also tell my parents if I am being harassed by someone via my cell phone. Initial here: _____
8. I will never text and drive. I understand it's dangerous and stupid. Initial here: _____
9. 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. I am not a rude person. I will not allow the phone to change this important part of who I am. And humans will always know they are more important than this device. Initial here: _____
10. I will NEVER use my phone to bully or tease anyone, even if others think it's funny. Initial here: _____
11. Whenever I get a call/text/facetime from my parent(s), I will answer immediately. Initial here: _____

I understand that having this phone is not a right—it is a privilege that can be taken away. As such, I have read the following document and agree to the above rules. I understand that if I have any questions, I should ask.

Sign here

II. Cell Phone Agreement - CONSEQUENCES

Violation	Consequence
1st time	<ul style="list-style-type: none">• Loss of the device I broke the rule with for 6-days• Sit-down discussion
2nd time	<ul style="list-style-type: none">• Loss of the device I broke the rule with for one week• Sit-down discussion
3rd time	<ul style="list-style-type: none">• Loss of the device I broke the rule with for two weeks• Sit-down discussion
4th time (or if violation is unlawful)	<ul style="list-style-type: none">• Loss of the device I broke the rule with until further notice.• In order to regain use of the device, I should be able to make a clear case about what will be different moving forward.• Consider the help of a professional counselor to help get to the underlying cause of disregard for the rules.

I understand that having this phone is not a right—it is a privilege that can be taken away. As such, I have read the following document and agree to the above consequences.

I understand that if I have any questions, I should ask.

Sign here