

## Parent-Child Mobile Phone/Online Contract

1. The phone belongs to us (your parents). We allow you to use it (aren't we the greatest?), provided that you abide by the rules below. If you do not follow the rules, we will take the phone away and you will have to earn it back. \_\_\_\_\_
2. To ensure your safety, we will always know all of the passwords for this phone, apps, email accounts and social media. We will monitor your phone regularly, including text messages, photos, videos, social media and apps. If there's an issue, we will discuss it together. \_\_\_\_\_ < Kid Initials Here
3. Always answer calls from your parents. If you miss a call/text from them, return it immediately. \_\_\_\_\_ < Kid Initials Here
4. Give the phone to a parent at \_\_\_ p.m. every school night and every weekend night at \_\_\_p.m. \_\_\_\_\_ < Kid Initials Here
5. Don't call or text people if you can talk to them in person. Live in the moment, not on your phone. \_\_\_\_\_ < Kid Initials Here
6. Follow school rules about cell phones. \_\_\_\_\_ < Kid Initials Here
7. If something happens to your phone, you are responsible for the replacement costs or repairs. If anything happens to it in your possession, you are responsible. The same is true if a friend does something to it. \_\_\_\_\_< Kid Initials Here
8. DO NOT make any online purchases, including apps, without your parents' permission. \_\_\_\_\_ < Kid Initials Here
9. DO NOT ever visit a pornography site or download pornographic images. The same goes for any site or download that promotes alcohol, violence, tobacco or drugs or that seems suspicious to you and does not come from a well-known and reputable source. \_\_\_\_\_< Kid Initials Here

## Parent-Child Mobile Phone/Online Contract

10. We permit you to use this phone because we trust you and believe you are a good person capable of making good choices. Do not use this technology to speak badly of another human being. Any form of bullying or rude behavior will result in loss of the phone. Be kind always: online, on your phone, in person. \_\_\_\_\_ < Kid Initials Here
  
11. Do not text, email, or say anything to someone that you would not say out loud to them or their parents. If there's ever any doubt, do not send/post/share it. \_\_\_\_\_ < Kid Initials Here
  
12. DO NOT SHARE your personal information (name, address, phone #, email address, etc.) with any adult (other than your parents) or with anyone whom you have not met - and do not know personally. \_\_\_\_\_ < Kid Initials Here
  
13. DO NOT EVER participate in sexting or take or send inappropriate pictures of yourself or others. This includes nudity, participation in inappropriate behavior or participation in activities that can offend others. *Remember anything you send, share or post online will always be there and can be seen and heard by everyone in the world.* \_\_\_\_\_ < Kid Initials Here
  
14. REMEMBER THAT THE INTERNET IS FOREVER. You will be tempted to do something questionable or risky. Know that what you do on the Internet can impact your life today and well into the future. Don't do it. *Your reputation can be permanently damaged and can diminish your chances of getting into college, getting a job, getting a professional license – and much more. A momentary thrill is not worth a lifetime of regret.* \_\_\_\_\_ < Kid Initials Here
  
15. DO NOT EVER take a photo or video of someone else and post without their permission. \_\_\_\_\_ < Kid Initials Here
  
16. Do not use your phone at mealtimes or while speaking with someone. Be polite and respectful. \_\_\_\_\_ < Kid Initials Here
  
17. If you exceed the allotted minutes, data and messages, YOU are responsible for the charges, without exception. \_\_\_\_\_ < Kid Initials Here

## Parent-Child Mobile Phone/Online Contract

18. Do not be disruptive in your cell phone use. If any adult asks you to stop talking or texting, you will. \_\_\_\_\_ < Kid Initials Here
19. If you have a question about anything online or if your phone is not operating properly or you suspect something is wrong (like a virus infection or other problem) stop using it for the time being, and let us know so that the problem can be addressed. \_\_\_\_\_ < Kid Initials Here
20. If you have been contacted by a stranger or someone who makes you feel uncomfortable in any way, **DO NOT COMMUNICATE WITH THEM** - and tell us right away. \_\_\_\_\_ < Kid Initials Here
21. Do not ever agree to meet with a stranger that you met online, no matter how nice they may seem. **IF A STRANGER INVITES YOU TO MEET THEM SOMEWHERE, DON'T DO IT AND TELL US IMMEDIATELY!** \_\_\_\_\_ < Kid Initials Here
22. For those of driving age and future drivers: **NEVER TEXT AND DRIVE.**  
I Plan to do some or all of the following:
- Placing my phone out of reach, so I'm not tempted.
  - Using an anti-texting app.
  - Turning off my notifications, so I don't get distracted.
  - Designating a passenger to text for me. \_\_\_\_\_ < Kid Initials Here

You will make mistakes and there will be consequences. We will deal with that together. Our job is to help you be safe and responsible.

We love you!

Signed and Dated:

Date: \_\_\_\_\_

\_\_\_\_\_ Kid

\_\_\_\_\_ Parent/Guardian

\_\_\_\_\_ Parent/Guardian