



This contract between \_\_\_\_\_ and \_\_\_\_\_

begins on \_\_\_\_\_. We'll look at it every \_\_\_\_\_ weeks to see how it's going.

## Teen Section

We agree that the following are concerns when I use my phone (check all that apply):

- Thinking Before Acting
- Coping With Distractions
- Managing My Time
- Being Accountable for My Actions

I agree that having a phone is a privilege and a responsibility. I agree to the following for the period of this contract (check all that apply):

### Thinking Before Acting

- Avoid risk by not sexting or posting inappropriate pictures.
- Act as though everything I share, text or post will be read by a parent.
- Use my phone to communicate only with people I know and trust and speak with a parent if exceptions come up.
- Lend my phone only to people I know and trust and only within my sight.

### Managing My Time

- Respect that between \_\_\_\_\_ and \_\_\_\_\_ are phone-free hours.
- Keep track of and respect the limits on my phone's plan (minutes, texts and data).
- Leave my phone in the \_\_\_\_\_ for charging during homework time and when I go to bed.

### Coping With Distractions

- Designate a spot for my phone in my backpack or bag.
- Put my phone away during class and at family mealtimes.
- Never text or make phone calls when driving.

### Being Accountable for My Actions

- Provide my password(s) to a parent and know there will be random checks.
- Keep my phone charged and answer when a parent calls.
- Spend a maximum of \$ \_\_\_\_\_ on apps per month and pay any overages.
- Replace my phone at my own expense if I break or lose it.

### Deal-Breakers

We agree that the following behaviors are deal-breakers and will result in my phone being taken away for \_\_\_\_\_ days/weeks (circle one).

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### Parent Section

I know that we both might make mistakes when it comes to cell phone use.

I agree to (check all that apply):

- Not overreact if you make a mistake.
- Listen to you when you tell me about something that makes you uncomfortable online.
- Learn new things so I understand the apps you want to use.
- Set a good example by not texting and driving.

### Signatures

\_\_\_\_\_ Teen

\_\_\_\_\_ Parent

**Understood** \_\_\_\_\_