

Cell Phone Contract

I understand that having a cell phone is a privilege. I know that this cell phone belongs to _____. I understand that it is my caregivers responsibility to keep me safe and this includes monitoring my activities in the real world and online. I understand that I would be able to be successful even if I did not have a cellphone, and that my caregivers are allowing me to have access to a phone as part of me becoming a responsible young adult. In order to keep this privilege me and my caregiver/s agree that:

- ☐ I will put my phone _____ by _____pm on school nights, and _____pm on weekends. I will not need to be reminded of this curfew.
- ☐ I will always answer my phone when my parents call
- ☐ I will always return text messages to my caregivers in a timely manner
- ☐ I will not use my phone during meal time or family activities
- ☐ I will follow my school's rules regarding phone use at school
- ☐ I will not download or add any apps without permission. I will not buy anything online without permission
- ☐ I will give my parents access to all my accounts and passwords
- ☐ I will not let my friends use my phone except to make phone calls for emergencies
- ☐ I will never share any personal information with anyone online including: my name, address, my school, or information about my family
- ☐ I will not turn off my phone or my location tracker when I go out/leave the home
- ☐ I will share my friend's/friend's caregivers contact information when requested
- ☐ I will never share any photos, videos, or posts of anyone else without their permission
- ☐ I will never open or view pages or websites that are inappropriate. Examples of inappropriate content include _____
- ☐ I will immediately report anything to my caregivers that seems inappropriate or concerning - including messages, phone calls, websites, or social media posts. Examples include _____
- ☐ I will never use my phone to say or post hurtful, harmful or mean things about other people
- ☐ I will never delete messages, emails, call histories, etc.
- ☐ If I am asked to turn off/stop using my phone I will do so immediately in a respectful manner
- ☐ I understand that these rules apply even at times that I am away from my caregivers: i.e. at a friend's house, on vacation, school trip, at another family members house.
- ☐ I understand that maintaining a _____ grade average at school is required to have access to _____
- ☐ I understand that regular participation in _____ is required to have access to my phone.
- ☐ I understand that my caregiver may adjust the consequences below if the rules continue to be broken or are serious
- ☐ I understand that we will revisit this contract and adjust as new issues may arise over time
- ☐ I understand that if I have an issues to using the phone, my caregiver will avoid yelling and screaming and provide me an opportunity to discuss the issue at a time when everyone is calm. I understand that my caregiver will not use physical punishment to discipline me for breaking these rules.

Violation of any of these rules will result in _____ for the period of _____.

Caregiver's name/signature _____
 Caregiver's name/signature _____
 Child's name/signature _____

Date _____
 Date _____
 Date _____

This contract will be reviewed on _____ and may be changed updated by the caregiver