



HAPPY PARENTING & FAMILIES
SUPPORTING PARENTS THROUGH THE CHALLENGING BEHAVIORS OF CHILDHOOD

Cell Phone Agreement

Purpose: This contract is designed to create an open line of communication regarding cell phone usage.

Goal: To teach you to co-exist with technology in a healthy way, not be ruled by it.

We believe you to be mature and responsible. As such, we believe you are ready for your own cell phone. We recognize your needs are important and we trust you and your decision-making ability.

A cell phone is more than a piece of technology. It can be useful, powerful and keep you connected and safe. But if used inappropriately, it can create great harm and can put your safety at risk. We care and love you deeply. We expect you to use your phone as agreed upon in this agreement. This agreement is meant to help you make smart decisions and protect your ability to use your phone. This agreement is in effect regardless if you receive the phone from us, or you purchase the phone yourself.

You agree to the following:

1. I acknowledge a cell phone is a privilege, not a right, and that it can be taken away if I break any of these rules. **Initials**_____
2. I will provide my passwords for my phone and any apps to my parents and agree that any parent can request access to my phone at any time for any reason and I will give it to them, even if I don't want to. **Initials**_____
3. I will not send or receive naked photos EVER. I acknowledge that the sending or receiving of naked photos can lead to serious legal consequences that could lead to criminal procedures against myself or my parents. If I receive naked photos I will inform my parents immediately. **Initials**_____
4. I will not use my phone to access any inappropriate website. An inappropriate website is classified as any site with porn or anything else I would be embarrassed to show my grandmother or neighbor. **Initials**_____
5. I will not use my phone to bully, harass or spread negative information, even if I think it is funny or if I feel peer pressure to do so. **Initials**_____
6. I will not use my phone to access dating websites or apps. **Initials**_____
7. I will tell my parents immediately if I receive a suspicious or alarming phone call or text from people I do not know. **Initials**_____
8. I will tell my parents immediately if I am being harassed via my phone. **Initials**_____
9. When I am old enough, I will not text and drive. I agree to keep my phone in the glove compartment, middle console or trunk while driving. **Initials**_____

10. I will turn off, silence, or put away my phone during designated family time. This may include dinner time, family meetings, or family social time. **Initials**_____

11. I will not allow my phone to isolate me from in-person social interactions. I will turn off, silence, or put away my phone while interacting with other people, especially in a restaurant, in a movie theater, or while in an active conversation. **Initials**_____

12. I will not give my personally identifiable information or sensitive information (e.g. birth date, address, SSN, credit card or other financial information, passwords, etc.) to any app or person without my parents' knowledge and permission. **Initials**_____

Consequences:

Failure to follow any of the above rules will result in your phone being forfeited for a time to be designated by the parent based on the following schedule:

1 st time	Not to exceed 5 full days Initials _____
2 nd or 3 rd time	Not to exceed 14 full days Initials _____
4 th time or if the violation is unlawful or if a phone is purchased and used without a parent's knowledge	The parent has the right to take the device until further notice. This applies even if you purchased the phone yourself. The minimum amount of time a parent will hold the phone will be 30 full days. Initials _____

When your phone is returned, you will be asked to re-read and sign this agreement again.

We believe you have the right to help set the rules and consequences around your phone usage. We encourage you to ask questions and offer changes or suggestions as you see fit. Anyone in the family can ask for a family meeting to discuss or revise this agreement at any time and if there are any questions you may ask at any time.

I have read this agreement in full and agree to the above terms.

_____ (Date)

Parent Signatures

_____ (Date)

_____ (Date)

This agreement will be posted in a place where anyone in the family can review it at any time.