

Cell phone contract for older kids

This contract between _____ and _____ begins on _____. We'll look at it every _____ weeks to see how it's going.

Kid section

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

- | | |
|---|---|
| <input type="checkbox"/> Thinking before acting | <input type="checkbox"/> Managing my time |
| <input type="checkbox"/> Coping with distractions | <input type="checkbox"/> 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 posting inappropriate pictures or videos.
- Act as though everything I share, text, or post will be read by you.
- Use my phone to communicate only with people I know and trust, and let you know 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

- Give you my password(s) and know you'll be doing random checks.
- Keep my phone charged and answer when you call.
- Spend a maximum of \$ _____ on apps per month and pay any overages.
- Replace my phone at my own expense if I break it or lose it.

Cell phone contract for older kids

Parent or guardian section

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

I agree to (check all that apply):

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

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).

Signatures

Child

Parent or caregiver