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| Cell Phone Use & Behavior Contract | |  |
| Child’s Name: <type name>  Parent Name(s): <type names>  By signing below the Child & Parent(s) (“Parties”) above have mutually agreed to enter into this contract with the understanding that a cell phone is a privilege that must be earned by being responsible, trustworthy, and a person of integrity. The Parties will follow this contract and its conditions outlined below, which may be amended with mutual agreement.   **Condition types:**  Type 1 **Usage** – action of using something or the fact of being used.  Type 2 **Etiquette** – the customary code of polite behavior in society or among members of the family or group.  Type 3 **Integrity / Honor code** – a set of ideals, high self-respect, great esteem, which govern self or a group and depends upon the idea that people within a group can be trusted to act honorably; adherence to what is ‘right’ and respectable.  Type 4 **Consequences** – Child understands that they risk the following consequences for violating any of the Type 1, 2, or 3 conditions. | | Benefits of this contract and related discussions:   * Build trust * Open lines of communication * Treat each other with respect * Positive reinforcement * Clear consequences * Opportunity for learning together * Supports building responsibility * < Enter others here > |
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| Child Behavior or Action Description | Type | Notes |
| 1. I will plug my cell phone in my parent’s room by \_\_\_\_\_ p.m. on school nights and \_\_\_\_\_ p.m. on the weekend. | **1** | Enter times to left. |
| 1. I will always have my cell phone turned on when I’m out with my friends. | **1** |  |
| 1. I will always answer calls or text from my Parent(s). | **1** |  |
| 1. I will be responsible for financially contributing to the cost of cell phone usage and pay for all over plan usages (e.g. data) | **1** | < option to use “may be responsible”> |
| 1. I will not use my cell phone during family mealtimes or family time and silence / turn off when I am in church, restaurants, or other quite settings. | **2** |  |
| 1. I will obey any rules my school has regarding cell phones, such as not using in class. I will not text or use my cell phone when I am doing homework or while in school. | **2** |  |
| 1. I will not text or talk on my cell phone while I am driving. | **2** |  |
| 1. I will not look at my cell phone when talking to someone in person. | **2** |  |
| 1. If I am asked to stop using my cell phone, I will happily do so. | **2** |  |
| 1. I will keep my phone in good condition / take care of my phone: know where it is, keep it charged; use a protective case & screen protector. | **2** |  |
| 1. I will never use digital communications (texting, group chats, messaging apps) to attempt to resolve or address challenges / issues in my relationships. I will make it a priority to meet person-to-person as the primary means of conflict resolution or secondarily call and speak with them. | **3** |  |
| 1. I will never message or talk to someone and then delete or hide it from my parents. | **3** |  |
| 1. I will also alert my parents if I am being harassed by someone via my cell phone. | **3** |  |
| Child Behavior or Action Description | Type | Notes |
| 1. I will never open or view content that are not permissible, healthy, or holy for me, such as:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **3** | Examples: pornographic images or messaging, hate content, swear language, or Mature Adult or “R” rated content such as movies. |
| 1. I will never share personal information such as name, address, phone number, email, school, etc. | **3** |  |
| 1. I will never send, forward, or respond to mean, bullying, or threatening messages. I will share and discuss appropriate actions with my parents before taking any action. | **3** |  |
| 1. I will not use my phone to buy or download anything without asking permission. | **3** |  |
| 1. I will never give my logins or passwords to anyone but my parents; they will have access to all of my logins and passwords and if I change a password, I’ll update my parents. | **3** | Agree on where these will be stored / shared. |
| 1. I will never join social media services or networks without permission (e.g. Instagram, Snapchat, Facebook, etc.) | **3** |  |
| 1. I will tell my parents immediately if something on my phone is inappropriate (i.e., pictures, texts, emails, etc.). | **3** | To support healthy dialogue and appropriate action plans. |
| 1. I will give my parents access to my phone whenever requested. | **3** |  |
| 1. I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take embarrassing photos of others. | **3** |  |
|  |  | < add a behavior or action> |
|  |  | < add a behavior or action> |
| Consequences: *I understand that I risk the following consequences for violating any of the above.* | Type | Notes |
|  | **4** | <type or write in a consequence> Example: My parents may revoke my phone privileges (e.g. restrict apps) / take away my phone for X number of days. I understand that my cell phone may be taken away if I talk back to my parents, fail to do my chores, or fail to keep my grades up. |
|  | **4** | <type or write in a consequence> Example: Revoke or reduce my screen time. If needed, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my parents. |
|  | **4** | <type or write in a consequence> Example: Take away my driving privileges or limit my time with friends or other activities. |
| Parent Behavior or Action Description | Type | Notes |
| 1. I will make myself available to answer any questions my Child might have about a cell phone and using it responsibly. | **3** |  |
| 1. On a routine basis I will review and discuss my Child’s phone usage, adherence to the use and behaviors outlined above to provide healthy feedback or guidance as necessary. | **3** | Consider positive, reinforcing incentives for your child’s commitment to the behaviors expected. |
| 1. I will support my child when they alert me to an alarming message that they have received. | **3** |  |
| 1. I will alert my child if our cell phone plan changes and impacts the plan's minutes or data usage restrictions/limits. | **3** |  |
| 1. I will give my Child \_\_\_\_\_\_\_ warning(s) before I take his or her cell phone away. |  | < Enter warning # to left > |
|  |  | < add a behavior or action> |
| Child Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |

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| List of Ideas, Concepts, Etiquette, and Behaviors for Discussion and Review with the Contract | | | | |
| Communicate Respectfully |  | Balance my phone, family, friend time |  | Make eye contact with others |
| Make time for daily prayer |  | Fulfill my other responsibilities (schoolwork, work, chores) |  | Coexist with technology; do not be ruled by it |
| Accept failure/errors as perfectly normal opportunities to learn |  | Ask for help if needed |  | Listen to feedback |
| Time is our most precious commodity |  | A Cell phone should never take the place of the ‘power’ of person-to-person conversation |  | Controls and boundaries are set out of love, just like God has done for us |
| Texting doesn't replace talking. Spend time together with others whenever possible |  | When texting, Keep it short and sweet |  | Don't text in front of others |
| Think before you text.  E.g. wait until you’re calm and work things out in person or over the phone talking |  | Keep content in mind.  Refrain from delivering bad news in a text message |  | Be kind.  You are responsible for what they text to other people. Teach your child to refrain from gossiping about others, trashing others, and being unkind in general |
| <Add yours> |  | <Add yours> |  | <Add yours> |