

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 >

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.
2. I will always have my cell phone turned on when I'm out with my friends.	1	
3. I will always answer calls or text from my Parent(s).	1	
4. 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">
5. 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 quiet settings.	2	
6. 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	
7. I will not text or talk on my cell phone while I am driving.	2	
8. I will not look at my cell phone when talking to someone in person.	2	
9. If I am asked to stop using my cell phone, I will happily do so.	2	
10. 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	
11. 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	
12. I will never message or talk to someone and then delete or hide it from my parents.	3	

13. 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
14. 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.
15. I will never share personal information such as name, address, phone number, email, school, etc.	3	
16. 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	
17. I will not use my phone to buy or download anything without asking permission.	3	
18. 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.
19. I will never join social media services or networks without permission (e.g. Instagram, Snapchat, Facebook, etc.)	3	
20. 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.
21. I will give my parents access to my phone whenever requested.	3	
22. 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>I understand that I risk the following consequences for violating any of the above.</i>	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	

2. 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.
3. I will support my child when they alert me to an alarming message that they have received.	3	
4. I will alert my child if our cell phone plan changes and impacts the plan's minutes or data usage restrictions/limits.	3	
5. I will give my Child _____ warning(s) before I take his or her cell phone		< Enter warning # to left >
		< add a behavior or action >
Child Signature: _____ Date: _____		
Parent Signature: _____ Date: _____		
Parent Signature: _____ Date: _____		

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>