

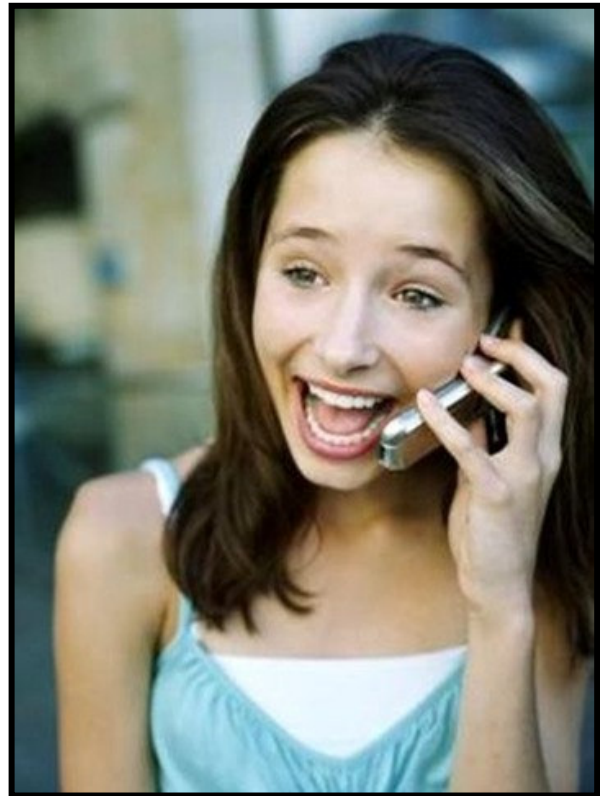


## Are you buying a cell phone for your child?

### **Avoid misunderstandings**

with your teen (or pre-teen)...

Consider spelling out your expectations in a **FAMILY CELL PHONE CONTRACT**.



"Hi, it's me. My mum's confiscated my mobile."

While, your teen may feel that a parenting contract isn't necessary, often many arguments and bad feelings could have been prevented if a parenting contract had been used. Help your teen think of these as more of an action plan, where their say is important enough to be written down. Be sure to compromise with your teen on the contract and feel free to cross things out or add things to make these printable parenting contracts your own.

The sample contract found on the reverse side of this sheet is a combination of several contracts found on line. It is just a suggestion. If you surf the web, you'll find many other sample contracts and can cut/paste what works for your family.

# FAMILY CELL PHONE CONTRACT

## CHILD EXPECTATIONS

1. I acknowledge that using a cell phone is a privilege and, therefore, will not take it for granted. I will take responsibility for safeguarding my phone.
2. I will not give out my cell phone number to anyone unless I first clear it with my parents.
3. When I am out with friends, I will always have my cell phone with me and "on" so that my parents can reach me if needed. I will always answer calls from my parents. If I miss a call from them, I will call them back immediately.
4. I will not bring my cell phone to school if it is prohibited. If allowed to bring it to school, I will keep it in my backpack or locker and turned off between the first and last bell.
5. I will not use my cell phone for any purpose after \_\_\_ pm on a school night or after \_\_\_ pm on a non-school night, unless approved by my parents.
6. I will not permit my cell phone to distract me from doing my homework.
7. Cell phones charge downstairs in a central location and are not kept in individual bedrooms over night.
8. I will not send or permit others to send hurtful, harassing, or threatening, text messages or say anything to anyone using the cell phone that I wouldn't say to them in person with my parents listening.
9. I will not use my cell phone at any meal table or during family time (may ask permission if school related). I will not use my cell phone when with my friends or others unless I first ask if they mind.
10. If I am asked by my parents or other adults to turn my cell phone off/stop playing/get off cell phone, I will do so immediately.
11. I will not enable or disable any setting on my phone or download anything onto my phone without my parent's permission.
12. I will not take a picture or video of anyone without that person's permission.

I will not send or post pictures or videos of anyone online without that person's permission and without first showing them to my parents.

13. When I am at home, I will only use the regular phone, instead of my cell phone, to make phone calls unless I receive permission from my parents.
14. I acknowledge the cell plans, terms and limitations (ie. X number of minutes, X number of texts; texts received are charged as well as texts sent) etc. I agree to pay for charges in excess of their allotment if they go over their minutes or text allowance

## PARENT EXPECTATIONS

1. I will respect the privacy of my child when my child is talking on her cell phone.
2. I will not unnecessarily invade my child's privacy by reading text messages or looking through call logs without telling my child first. If I have a concern, I will express it to my child, and we will look through this material together.
3. I will pay the standard monthly fee for the cell phone contract.
4. I will be reasonable with consequences for violations of this contract. Consequences will start at loss of cell phone privileges for 24 hours and progress according to the seriousness of the violations.
5. This contract will be re-evaluated every six months as \_\_\_\_\_ (*insert child's name*) gets older to possibly receive more texts, web surfing or extra money for ring tones.

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**Dad's Signature**

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**Mom's Signature**

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**Child's Signature**

Date(s) reviewed: \_\_\_\_\_