

Family Media Contract: Cell Phones



I _____, agree to,

Time Limits

- I will be allowed to use my cell phone a maximum of _____ hours a day.
- I will not use my cell phone when at school unless _____.
- These places are no-phone zones:
 1. _____
 2. _____
 3. _____
- Our family does not use our phones during: _____

- I will shut off my phone at _____ o'clock and it will not be turned back on until _____, o'clock in the morning.

Additional stipulations:

- After breakfast
- After I am all ready for school
- _____
- _____
- _____

Appropriate Content and Sharing

- Apps that I am not allowed to access on my phone: _____
- I will not be hurtful or mean to others on social media. This includes messaging, commenting, posting and liking mean or hateful content.
- If I am cyberbullied, I will be open and honest with my parents and tell them about the issue so that we can deal with it as a team.

- I will not share any content that is too revealing. This includes posting or sending inappropriate photos or sexts.
- _____
- _____
- _____

Safety

- I will not give away any personal information such as my full name, date of birth, address, phone number or photos without my parents' permission.
- I will not share my location on any apps.
- I will not share my passwords with anyone outside my family.
- I will allow my parents to adjust the privacy settings on my phone and monitor my activity. I understand that this is for my own safety.

- If anyone pressures me or makes me feel uncomfortable, I will stop talking to them and tell a family member or trusted adult.
- _____
- _____
- _____

Consequences

- I understand that this phone is a privilege and breaking this agreement will lead to the following consequences:

This cell phone contract is active when signed. Either party has the right to revisit and edit the agreement as needed. If so, a new cell phone contract should be discussed and signed.

Child's Signature

Date

Parent's Signature

Date