

# 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