

### Smartphone Contract for Families

This contract between mom and dad aka [parent's names] and their child [Teen's Name] seeks to establish family rules and consequences regarding Smartphone usage.

### Teen's Rules & Responsibilities

- I will not use my phone to send threatening (or mean) texts or to bully anyone
- I will not text or place phone calls after [#] PM
- I will not use my phone at the dinner table
- I will keep track of and respect the plan's monthly call, text message and data limits
- I understand that I am responsible for knowing where my phone is, and for keeping it in good condition
- I understand that my phone may be taken away if I talk back to my parents, I fail to do my chores, or I fail to keep my grades up
- I will obey simple etiquette rules in public places.
- I will make sure my phone is turned off when I am in church, in restaurants, or quiet settings like the movie theater
- I am responsible to know, and obey, any and all rules my school has regarding phones
- I will alert my parents when I receive suspicious text messages from people I don't know
- I will alert my parents if I am being harassed or threatened online
- I will not text and drive
- I will not send any embarrassing photos of my family or friends to others or post them to social media
- I will keep my phone charged and on when I am out with my friends
- I will only use and visit pre-approved apps and social media sites

### Parent Responsibilities

- I promise to learn about the latest apps, gadgets and technology so I can keep up with my teen
- I will answer any questions my teen might have about owning a phone and using it responsibly
- I will support my teen if s/he alerts me to an alarming message or text message that was received, doing so without judgment
- I will alert my child to any phone plan changes
- I will give my child [#] warning(s) before I take the phone away
- I will continue to pay the bill for this phone if all rules are followed

Signed \_\_\_\_\_ (Teen)  
Signed \_\_\_\_\_ (Parent)  
Signed \_\_\_\_\_ (Parent)

Date \_\_\_\_\_