

SMARTPHONE CONTRACT



I understand that the rules below are for my safe enjoyment of my phone and that this contract is a respectful agreement between myself and my parents which can be reviewed as I get older. I understand that my parents want me to have freedom and independence while also guiding me to make smart choices. I also understand that this is NOT my phone, that it was paid for by my parents and that phone privileges are subject to the terms of this contract. Initial here: _____

I agree that my parents will know my smartphone passwords until we agree otherwise. I understand that my parents have the right to look at my phone whenever there's a need for them to do so, even without my permission. Initial here: _____

I will hand the phone to one of my parents promptly at _____ pm every school night and every weekend night at _____ pm. I will get it back at _____ am. I will not try to sneak my phone into the bedroom at night. Times can be reviewed as I get older. Initial here: _____

I will tell my parents when I receive suspicious or alarming calls, text messages or direct messages on social media from people I don't know. I will also talk to my parents if I am being bullied or harmed by someone via my phone. Initial here: _____

I will be respectful and responsible at all times on my phone. I understand this is an extension of normal (offline) manners. I will turn off, silence, and put my smartphone away in public – especially in a restaurant, at the cinema, or while speaking with another human being. I will not allow the phone to change this important part of who I am. Initial here: _____

I will NEVER use my phone or social media to bully or harm anyone, even if my friends think it's funny. Initial here: _____

- I will not lie about where I am or how I am using the phone. I will answer questions openly, honestly, and directly. Initial here: _____

- I understand that my behaviour on my phone can impact my future reputation, work and life opportunities – even in ways that I am not able to predict or see. Initial here: _____

- I understand that if I see content via my phone which is upsetting, hurtful or harmful I will let my parents know. I will NEVER send any content which is inappropriate or hurtful, including images and videos. Initial here: _____

- I will be careful with what I share. I won't share personal information such as name, address, phone number, school, etc. Initial here: _____

- I will always answer calls or texts from my parents, except while driving. Initial here: _____

- I will also speak to one of my parents or a trusted adult if I am worried about something which has happened or I have experienced online. Initial here: _____

I understand that my Smartphone is a privilege that I must continue earning by being responsible, respectful and trustworthy. I will follow this contract at all times.

_____ Sign here Teenager

_____ Sign here Parent