

# Teen Phone Contract



Hey Awesome Parent,

This contract is all about keeping the lines of communication wide open between you and your kid regarding their cell phone so everyone is on the same page with the same expectations.

The goal here isn't to deprive your kid of technology and make their life miserable. Rather it is to help your kid thrive and co-exist with technology because it is here to stay!

You probably find yourself in one of these spots:

**1. Your kid already has a cell phone without any clear guidelines.**

Okay, so you've let pandora out of the box, but don't lose hope! Your kid might feel like you're changing the rules mid-game. Own up to any oversight (we all slip up sometimes) and let them know it's because you genuinely care about them (which you absolutely do) that you're doing this now. This is easier said than done, but because you love them you are willing to do the 'hard' things necessary in the short-term to set them up for success in the big picture...you got this!

**2. You're about to hand them their very first cell phone.**

Fantastic! There's no better moment to set expectations than when you're presenting a shiny new gadget. "I just need you to read and agree to this cell phone understanding—then it's all yours!"

Feel free to tweak the contract on the next page to suit your needs and even have a conversation with your teen and come up with changes and rules together as you both see fit. The more involved they are in this process the better!

Respectfully,

*Jesse LeBeau*

# OUR AGREEMENT

Hey \_\_\_\_\_,

Congrats! The time has come, we believe you are responsible enough to have your first cell phone. With this new phone in your hands, we trust you to make wise decisions—so why the need for this agreement full of stuff you likely already know?

Here's the deal...

A cell phone is more than just a piece of tech. It is a trillion-dollar piece of technology designed to hijack your attention and if used without a game plan will have a negative impact on your health, safety and the overall happiness and success as a human on this earth. You've always been an awesome kid, and because we love you, we are putting together this agreement to protect you and help you make smart choices.

This agreement is about keeping you safe and happy—and ensuring we always have a clear and open line of communication. I'm asking you to use your phone positively and to come to me or another trusted adult if you ever find yourself feeling uneasy or unsure about something.

You are Loved!

\_\_\_\_\_.

## Family Phone and Internet Safety Agreement

**Purpose:** This contract is established to ensure responsible and safe use of the phone and internet. It outlines the expectations and consequences associated with phone and internet use.

1. Having a smartphone with internet access is a privilege not a right. I understand that if I break any of the rules in this agreement my phone and internet access can be taken away. **Initial here:** \_\_\_\_\_
2. My parents will always have access to my passwords to access my phone and all approved apps on my phone. I acknowledge that my parents can look at anything on my phone at any time for any reason with or without my permission. **Initial here:** \_\_\_\_\_
3. I will put my phone in the designated area every evening at \_\_\_\_\_ pm on the weekdays and at \_\_\_\_\_ pm on the weekends. I will get my phone back in the mornings at \_\_\_\_\_ am. **Initial here:** \_\_\_\_\_
4. I understand that I have a maximum of screen time for games and apps each day that number is \_\_\_\_\_.  
**Initial here:** \_\_\_\_\_
5. I will always answer calls and texts from my parents. If I miss a call, I will call them back as soon as possible.  
**Initial here:** \_\_\_\_\_
6. I know that sharing my location is important for my safety and for my parent's peace of mind. I will never turn off my location or be deceptive in any way to hide my whereabouts. **Initial here:** \_\_\_\_\_

# THE RULES

7. I will NEVER send or receive naked photos or engage in sexually explicit communication of any kind. I realize there can be serious legal consequences to my actions that could put my future and parent's future at serious risk. **Initial here:** \_\_\_\_\_
8. I understand that everything I do online can be screenshot and will live FOREVER, even if it 'disappears' or is deleted. This means that one wrong decision can ruin my entire future and reputation. I will assume the whole world can see anything I post, like/favorite, and every message, photo or 'private' DM I send or receive as well as what I do on Facetime. I will not participate in anything that I wouldn't want my mom, dad or the entire world to see. **Initial here:** \_\_\_\_\_
9. I will not operate my phone while driving because it is dangerous and stupid. **Initial here:** \_\_\_\_\_
10. I will never look up porn or anything I wouldn't want my family to see. **Initial here:** \_\_\_\_\_
11. I will not make any unauthorized purchases without parental approval. **Initial here:** \_\_\_\_\_
12. I will only visit pe-approved websites and use pre-approved apps. **Initial here:** \_\_\_\_\_
13. I will not use my phone to bully or troll anyone even if other people think it's funny. **Initial here:** \_\_\_\_\_

# THE RULES

14. I will follow the guidelines and parental controls and not figure out ways around the systems set in place.  
**Initial here:** \_\_\_\_\_
15. I will notify my parents if I receive suspicious messages or calls from strangers or if I am being harassed by someone through my smart phone.  
**Initial here:** \_\_\_\_\_
16. I will keep my profile private and not allow strangers to follow or communicate with me.  
**Initial here:** \_\_\_\_\_
17. I will not become a 'zombie person' who is constantly glued to their phone and not respectful of others. This means I will choose to be present and not be on my phone around other people, in public, especially when interacting with others. I will use 'focus mode' to help me lock in and get things done and not be distracted while spending time with others.  
**Initial here:** \_\_\_\_\_
18. I will not take my phone into my room. I agree this is a phone free zone. **Initial here:** \_\_\_\_\_
19. I will never share personal information (name, address, phone number, school, etc.)  
**Initial here:** \_\_\_\_\_
20. I agree that I will not complain, nag and/or try to debate the rules outlined in this agreement. I understand that in order to have a phone these are the rules I have to follow. If I start to complain and become ungrateful, I realize I can lose my phone privileges altogether. **Initial here:** \_\_\_\_\_

# THE CONSEQUENCES

## Consequences for Breaking the Rules:

### 1. First Violation:

- Verbal warning and discussion about the importance of following the rules.

### 2. Second Violation:

- Loss of phone privileges for \_\_\_\_\_ days.

### 3. Third Violation:

- Loss of phone privileges for \_\_\_\_\_ weeks and removal of certain apps or features.

### 4. Severe Violations (e.g., cyberbullying, illegal activities, sharing personal information):

- Immediate loss of phone privileges for an extended period (determined by parents) and a family meeting to discuss the violation and reinforce the rules.

By signing this contract, I agree to adhere to the terms and conditions outlined above to ensure a safe and responsible phone and internet usage experience. I understand that having a cell phone is a privilege and not a right owed to me by my parents.

**Sign Here:** \_\_\_\_\_

**Date:** \_\_\_\_\_