

BONUS CONTENT

SAMPLE CONTRACT ITEMS



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There are many possible ideas for a cell phone contract. Here is a list of some potential items for your contract. For a downloadable sample contract and family rules, visit my website (www.thefamilycoach.com).

Child Understands and Agrees To

Etiquette

- I will not use my phone in ways that will annoy other people, such as in a restaurant, in a movie theater, at a doctor's office, or when it is otherwise inappropriate.
- I will not share anything that would make another person uncomfortable or upset.
- I will always answer texts and calls from important family members and babysitters as long as it is safe to do so.
- I will not use my phone without permission during school hours or in the evening.
- I will spread only friendship through texts and social media. Mean comments and texts are not allowed.

Health and Safety

- Having a smartphone is a privilege that can be taken away for safety or other reasons.

- I will not purchase or download anything without prior permission.
- I will make time for activities away from my digital device.
- I will plug my phone in a room besides my bedroom at least an hour before bedtime.
- I will tell an adult if I am approached by a stranger on my digital device or if anything happens that makes me uncomfortable.
- I will not share or post pictures of any private parts or naked people. If I am approached to send a picture, I will firmly say, “No!”
- I will take care not to google something that may not be age appropriate for me.
- I will not communicate with anyone online or in texting that I do not know in real life.

Privacy

- I will not share my passwords with anyone besides my parents.
- I will always share my passwords with my parents until I can pay for my own cell phone plan.
- I understand that anything I text and share may not remain private. It can be copied and shared with the world.

Mistakes

- I will be honest if I am asked a direct question about my smartphone.
- I understand that mistakes I make on my smartphone may be embarrassing and have consequences. I will try hard to minimize mistakes by asking for help when I need it.

- If I lose or break my phone, I may be responsible for paying for a replacement.
- I understand that I may lose access to my phone temporarily as a consequence. I will not use other devices to text or use social media while I am on a break imposed by my parents or guardian.

Parent/Guardian Understands and Agrees To

- I understand that learning digital safety is a process and takes practice.
- I will be nonjudgmental and will keep calm when mistakes are made.
- I will discuss rule changes with you to make a plan that takes your point of view into consideration.
- I will check your phone periodically and provide ongoing education to support learning.
- I will be a good role model by putting my phone down during family time, not sleeping with my phone, and not texting while driving.

Signed by:

_____ Name and Date

_____ Name and Date

_____ Name and Date

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