

CELL PHONE AGREEMENT

EXAMPLE Cell Phone Agreement Between Parents and Their Children

Deciding if your child is responsible enough to have a cell phone isn't always an easy decision.

If you decide it is appropriate, you should teach your child basic rules of cell phone use, as well as the responsibilities that come with having a cell phone.

Creating a cell phone agreement between you and your children is an excellent way to teach your child about rules and responsibilities, as well as the consequences for not abiding by them. Be sure to discuss every commitment, giving your child the opportunity to ask questions and even make suggestions.



Review the agreement together periodically, as circumstances and challenges change.

Fill in the blanks, then print the document and sign. That's it!

If you would prefer a Word document which you can customize for your family, please visit our website at <https://FamilyProtectionPackage.org/cell-phone-agreement> to download the document.

Example Cell Phone Agreement provided courtesy of



FAMILY PROTECTION PACKAGE

<https://FamilyProtectionPackage.org>

CELL PHONE AGREEMENT

This agreement between

and

Parent(s) Name

Child's Name

establishes family rules, guidelines and consequences regarding cell phone usage.

Child's Cell Phone Responsibilities

1. I will share my phone password with my parent(s) and they may use it to check my phone at any time.
2. I will not share my phone password with anyone outside of my family and will not allow others to use my cell phone.
3. I will not send threatening, harassing, mean or bullying texts to others.
4. I will not text or place phone calls before 8 a.m. or after 9 p.m., unless necessary or emergency.
5. I will keep my phone charged at all times and I will answer or respond promptly when my parents contact me.
6. I will not bring my cell phone to the family dinner table.
7. I will not exceed our plan's monthly minutes, text message or data limits of
 - 7.a If I do, I understand that I may be responsible for paying additional charges or that I may lose my cell phone privileges.
8. I understand that I am responsible for knowing where my phone is at all time and for keeping it in good condition.
9. I will obey the rules of etiquette regarding cell phones in public places. I will make sure my phone is turned off when I am in church, restaurants, or other quiet settings.
10. I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus.
11. I will alert my parents when I receive suspicious or alarming phone calls or text messages from people I don't know.
12. I will also alert my parents if I am being harassed by someone via my cell phone.
13. I understand that having a cell phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble and out of danger.
14. I will not send embarrassing photos of myself, my family or friends to others. In addition, I will not use my phone's camera to take unauthorized or embarrassing photos of others.
15. I will not use my phone to buy or download anything without asking permission first.

Consequences for breaking cell phone usage rules:

- 1 I understand that having a cell phone is a privilege and that, if I fail to adhere to this agreement, my cell phone privilege may be revoked.
- 2 If necessary and possible, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my parents.
- 3 I understand that my cell phone may be taken away if I talk back to my parents, fail to do my chores, or fail to keep my grades up.

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Parent Responsibilities

I understand that I will make myself available to answer any questions my child might have about owning a cell phone and using it responsibly.

- 1 I will support my child when they alert me to an alarming message that they have received.
- 2 I will alert my child if our cell phone plan changes and impacts the plan's allowed minutes, texts and data.
- 3 I will give my child up to two (2) warnings before taking their cell phone away for violation of this agreement.

Signed _____ [Child] Date _____

Signed _____ [Parent] Date _____

Signed _____ [Parent] Date _____