1. This contract is for my safety. I understand that my parents want to give me freedom while also providing enough guidance and security to make smart choices.
2. The phone belongs to my parents. I am allowed to use it because I agree to these terms of use. If I cannot adhere to this contract, I understand that I will lose the privilege of using the phone.
3. My parents will always know all of my passwords and pins.
4. I understand that if it falls in the toilet, gets smashed, or gets lost, I am responsible for the replacement or repair costs.
5. I will put my phone in its charging spot in my parents room at or before 10pm.
6. I will use common sense when calling/texting someone. If I would not feel comfortable calling a landline and talking to a parent, then I will reconsider whether I should call/text at all. I will respect people’s resting and quiet time as I would like to be respected.
7. I will not text, email, or say anything through this device that I would not say in person. I will censor myself. I will practice “take a breath, count to 10, read it again, before pressing send.”
8. I understand that what I put into cyberspace never dies. It will follow me. My behavior on the phone can impact my future reputation.
9. I will not receive or send naked photos. Ever. I understand that it is risky and could have serious legal consequences and could ruin my future life.
10. No explicit content. I will search the internet only for information that I would openly share with my family. I will have questions about sensitive and private topics and I will ask a person instead of asking google for the answers.
11. If it rings, I will answer it. I will say hello and be polite. I will not ignore calls from “mom” or “dad” ever.
12. I will turn it off, silence, and put it away in public, especially at a restaurant, the movies, and while speaking to another human being. I am not a rude person, so I will not let a phone change that.
13. I will follow my school rules regarding phone use. When I am with my friends at school, I will have face-to-face conversations with people. I will practice putting my phone away even when I don’t have to.
14. I will not use this technology to lie, bully, or deceive another human. I will not involve myself in gossip or conversations that harm others. I am a good friend and will not let technology change that.
15. I will tell my parents when/if I receive suspicious text/emails/phone calls. I will tell my parents if I become the victim of cyberbullying.
16. I will leave my phone at home sometimes. I know that it is not an extension of myself and I know that I can live without it. I am bigger than the FOMO.
17. When I am old enough, I will never text and drive.
18. I will never lie about where I have been or how I am using the phone. I promise to answer questions openly and honestly.
19. I will keep my head up and my eyes open. I will take in the world around me and wonder without googling, for the world is large and magical and most good questions cannot be answered by the phone.
20. I understand that I will mess up and my phone will be taken away. We will sit down and talk about it and try again. I am learning and my parents are on my side. We are on this journey together.

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