

# SMARTPHONE CONTRACT



I understand that the rules below are for my safety and that my parents love me more than anything in the world. I understand that my parents want to give me freedom, while also providing the security to make smart choices. I also understand that this is NOT my phone and that it was paid for by my parents. Having this phone is not a right – it is a privilege that can be taken away. Initial here: \_\_\_\_\_

☐ I promise that my parents will always know my smartphone passwords. I understand that my parents have the right to look at my smartphone 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. Initial here: \_\_\_\_\_

☐ I promise 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 by someone via my smartphone. Initial here: \_\_\_\_\_

☐ I will make an effort to learn smartphone and internet respect and manners. I understand this is an extension of normal 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 am not a rude person. 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 tease 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 smartphone. I promise to answer questions openly, honestly, and directly. Initial here: \_\_\_\_\_
  
- ☐ I understand that my behaviour on my phone can impact my future reputation – even in ways that I am not able to predict or see. Initial here: \_\_\_\_\_
  
- ☐ I understand if I see content via my smartphone which is upsetting, hurtful, harmful or inappropriate 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. The phone is their property. 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 a Smartphone is a privilege that I must earn by being responsible and trustworthy. I will follow this contract at all times.

\_\_\_\_\_ Sign here Teenager

\_\_\_\_\_ Sign here Parent