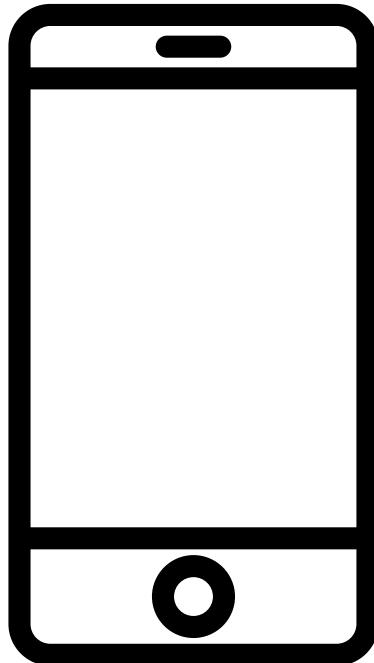


# CELL PHONE AGREEMENT GUIDE

ESTABLISH HEALTHY BOUNDARIES,  
CLEAR EXPECTATIONS, AND OPEN  
COMMUNICATION



# WHAT IS A CELL PHONE AGREEMENT?

A Cell Phone Agreement between you and your child can be highly valuable and beneficial for your child's relationship with you, others, and their phone. It serves as a clear set of guidelines and expectations, fostering responsible phone usage, safety, and communication.

Here are some benefits of a phone agreement:

- 1. Establishing Boundaries:** A phone agreement helps set boundaries and rules for phone usage. It outlines when and where the child can use the phone, which apps are appropriate, and how much screen time is allowed. This helps prevent excessive use and potential addiction to phones, ensuring a healthier balance between online and offline activities.
- 2. Safety and Security:** With access to the internet and various communication tools, a phone can expose children to potential risks. The agreement can address issues like not sharing personal information online, not engaging with strangers, and being cautious about downloading or accessing inappropriate content.
- 3. Digital Etiquette:** The agreement can include guidelines on respectful communication, avoiding cyberbullying, and being mindful of the content shared online. Teaching good digital etiquette early on promotes responsible online behavior throughout their lives.
- 4. Educational Usage:** The phone can be a powerful educational tool when used responsibly. The agreement can include provisions for using the phone for research, learning apps, and other educational purposes, encouraging the child to use the device in a productive manner.
- 5. Responsibility and Trust:** By involving the child in creating the agreement, parents can instill a sense of responsibility and ownership. This involvement fosters trust between parents and children, as they both understand and agree on the expectations.
- 6. Financial Awareness:** If the child is responsible for the phone's cost or some portion of it, the agreement can include financial considerations, such as taking care of the device and understanding the potential consequences of damaging or losing it.
- 7. Family Time:** The agreement can include rules for designated "phone-free" times, such as during family meals or while engaging in specific family activities. This ensures that family time is respected and cherished.
- 8. Academic Performance:** The agreement can set guidelines for phone usage during study hours to minimize distractions and improve the child's focus on academics.
- 9. Sleep and Health:** Including rules about not using the phone before bedtime helps promote healthy sleep habits, as excessive screen time before sleep can disrupt sleep patterns.
- 10. Conflict Resolution:** In case of any issues or violations of the agreement, having a written document to refer to helps facilitate open communication and conflict resolution between you and your child.

A Cell Phone Agreement can be a collaborative effort between you and your child. When taking into account your child's age, maturity level, and individual needs, you can use an agreement to empower your child to use technology responsibly and safely while also nurturing a sense of independence and trust.

# HOW TO CREATE A CELL PHONE AGREEMENT?

- 1. Initiate the Conversation:** Begin by having an open and relaxed conversation with your child about cell phone usage and the impact it has on their lives. Explain the purpose of the agreement and that it's a collaborative effort to ensure their safety and well-being.
- 2. Involve Them in Writing:** Sit down together and write the agreement. Use positive language and avoid sounding overly restrictive. Within this packet, there is a list of statements you could include in your agreement. You can select the agreements you would like to apply, edit them, or add your own.
- 3. Consequences:** Outline the consequences of not following the agreement. Ensure the consequences are fair and reasonable.
- 4. Sign and Display:** After both of you agree on the terms, sign the agreement together. You can also make a copy and display it in a visible place to serve as a reminder.
- 5. Revisit and Update:** As your child grows and gains more responsibilities, revisit the agreement regularly and make necessary adjustments.
- 6. Keep the Conversation Open:** Encourage your child to talk to you if they have questions or concerns, or if they want to negotiate certain aspects of the agreement.

# CELL PHONE AGREEMENT SUGGESTIONS

Not all of the listed suggestions need to be used in your agreement with your child. Every parent and child are different and expectations can vary from family to family. The point of the suggested agreements is to spark intentional conversation about how phones can be used in a healthy and safe way. Use the suggestions you think are applicable, delete the suggestions that don't work for you and your child, and add anything else that will meet your expectations.

- I will plug my phone into a charger in \_\_\_\_\_ (room) \_\_\_\_\_ by \_\_\_\_\_ pm on weekdays and by \_\_\_\_\_ pm on weekends.
- I will not look at my phone until \_\_\_\_\_ am on weekdays and by \_\_\_\_\_ am on weekends.
- I will not use my phone in my room
- I will always answer my parents' texts and phone calls right away.
- I will only be allowed \_\_\_\_\_ hours of screen time on my phone each day.
- I will not use my phone during family meal times.
- I will not use my phone while I am driving.
- I will not use my phone during school hours unless there is an emergency.
- I will not share personal information such as address, location, or phone number with a stranger.
- I cannot use my phone while doing homework.
- My phone can only be used for homework during the time between \_\_\_\_\_ pm and \_\_\_\_\_ pm or until my homework is done.
- I will not buy or download anything without my parents' permission.
- I will not share my passwords with anyone except my parents.
- My parents will have complete and full access to my phone.
- I will not join a social media app without permission.
- I am only allowed to use these apps: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
- I am not allowed to use these apps: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
- I will be honest with my parents about what is being shared with me, especially when inappropriate.
- I will not send embarrassing photos of my family or friends to others.
- I will not use my phone's camera to take embarrassing photos of others.
- I will not use my cell phone to bully another person.
- I will not use my phone to take provocative or immodest pictures.
- All social media posts must be approved by a parent.

# CELL PHONE AGREEMENT

## EXPECTATIONS

## CONSEQUENCES

*I risk the following consequences if I do not meet the expectations above:*

## SIGNATURES:

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_