



DATE: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_

This is a phone contract to help you understand how to be a responsible phone user. We are excited to give you this opportunity and we expect you will be mindful about using the phone in a thoughtful way. Remember, we are providing the phone for you but will curb your use of it if you are not using it in a responsible way.

**USAGE:**

You will be able to carry the phone and use the phone to contact dad, mom, or a caregiver when traveling between home and school or when traveling without an adult.

You may use the phone for one hour a day on the weekends and vacations to play games.

You may check the phone for emails, texts, or calls once a day and respond to these correspondences.

**RULES FOR INCORPORATING THE PHONE INTO YOUR LIFE IN A HEALTHY WAY:**

- 1) You will not use the phone at home the first hour after you wake up, when you are eating, or the last hour before you go to sleep.
- 2) You will not talk or look at the phone when you are crossing a street.
- 3) You will make eye contact and not use the phone when a person you are with is talking to you.
- 4) You will not say anything in a text, email, or phone call that you would not say in person.
- 5) We reserve the right to check all of your emails and texts.
- 6) If you lose the phone, you will be responsible for going to the store and buying a replacement. You will be asked to pay for a replacement phone with money of your own.
- 7) If you start to forget other items, are unable to complete your school work, or are disrespectful or disengaged, we will curb your phone usage.
- 8) You will watch a video primer before you receive the phone for the first time. You will agree to watch additional videos or read articles that will help you to use your device wisely.

Congratulations and enjoy!

CHILD \_\_\_\_\_ MOTHER \_\_\_\_\_ FATHER \_\_\_\_\_