



Cell Phone Contract for: _____

_____ agrees to the following rules of use for his/her cell phone:

- 1** I can make calls, text and receive texts from people **as long as my parent/guardian and I both know them.** I will tell my parents if I receive calls/texts from people I do not know.
- 2** I am/am not allowed to give my cell phone number to people without telling my parents.
- 3 I will limit my use of the phone as follows:**
 - a** I will use the phone only between the hours of ____AM and ____PM on weekdays and ____AM and ____PM on weekends/holidays. During all other hours the phone will be OFF.
 - b I will not use my phone** during meals, during study/homework time, during school classes, to text while I am talking to an adult, or while eating in a restaurant.
 - c** I will use **no more than** _____ minutes of calling time and send/receive no more than _____ texts each month.
 - d** I will use the cell phone to access the Internet, watch videos, and access other media, with the permission of my parents, **no more than** _____ minutes /day.
 - e** I will carry my cell phone with me and keep it powered ON when I go out with my friends and **I will answer my parent's calls and texts during this time.**
 - f** I will not use my cell phone to bully or harass (e.g., crank call) anyone. I will not make calls or send texts or pictures that might make anyone feel sad or embarrassed.
 - g** I will not use my cell phone, for any reason, while driving a car (including anytime while I am in the drivers seat and the car is running).
 - h I will stop using the phone when my parents ask me to do so.**
- 4 I will have access to the following additional services:**
 - a Pictures and videos.** I am/am not allowed to send and receive picture and video messages.
 - I will take pictures and videos of people only with their permission.
 - If I am allowed to send pictures and videos, I will send only those that I would be comfortable to share with my parents.
 - I will tell my parents if I receive inappropriate pictures/videos.
 - b Email/IM** - I am/am not allowed to email and IM from my cell phone.
 - c Web Surfing** - I am/am not allowed to surf the web from my cell phone.
 - d Social Networking** - I am/am not allowed to access and update social networking sites from my phone. The sites I am allowed to access/update are:

 - e Downloads** - I am/am not allowed to download ring tones, games, and other applications from my cell phone.
 - f** I am/am not allowed to use the following additional services:

My parents will contribute \$ _____ to the monthly cost of the cell phone service. I will contribute \$ _____ to the monthly cost of the cell phone service (and/or will pay for all services above and beyond the standard monthly fee).

I agree that if I am unable to comply with these contract terms, my cell phone will be taken away for _____ hours for the first infraction (and for longer periods if the contract is broken more than once).

If used responsibly, this contract may be updated to allow for use of more services. This contract will update every year, or as necessary based on mutual agreement.

Executed by Child: _____ Date: _____

Executed by Parent: _____ Date: _____