

# **Teen Phone Agreement**

## **Family Phone Responsibility Contract**

This phone is a privilege, not a right. It belongs to your parents and is being entrusted to you with expectations. By signing this agreement, you acknowledge that you understand and agree to follow these rules.

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### **1. Ownership**

This phone belongs to your parents and may be taken away at any time if expectations are not met.

There is no expectation of privacy on this device. Parents may review messages, apps, browsing, and activity to ensure safety and responsible use.

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### **2. Bedtime Rule**

The phone does not belong in your bedroom at night.

At bedtime, the phone must be placed downstairs on the docking/charging station.

No exceptions without parental permission.

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### **3. Responsibilities Come First**

Chores, schoolwork, and family responsibilities must be completed before recreational phone use.

The phone will not interfere with:

- Homework
  
- Sleep

- Family time
- School performance

If responsibilities are ignored, phone access may be limited or suspended.

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#### **4. Respectful Communication**

This phone will not be used to:

- Gossip
- Bully
- Tear down others
- Spread rumors
- Post hurtful comments
- Share inappropriate photos or messages

You are expected to treat people online the same way you are expected to treat them in real life — with respect.

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## **5. Social Media Rules**

No social media accounts may be created or used without parental approval.

Parents may follow, monitor, or access accounts at any time.

You will not post anything online that you would be embarrassed to show your family, teachers, or future employer.

Screenshots last forever. What you post represents you.

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## **6. Safety Rules**

You will:

- Not share personal information (address, school, phone number, location)
- Not meet online strangers in person
- Ask permission before downloading new apps
- Report uncomfortable messages to your parents immediately

If something online makes you uncomfortable, you will tell a parent right away.

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## **7. Mistake Clause**

Mistakes will happen. Honesty matters more than perfection.

If you come to your parents immediately and tell the truth about a mistake, the consequence will be smaller than if you hide it.

Hiding problems causes bigger consequences than being honest.

You will not be punished for asking for help.

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## **8. Repair Responsibility**

If the phone is broken due to carelessness, misuse, or ignoring safety rules, you will help contribute to the repair or replacement through chores, allowance, or agreed work.

Taking care of the phone is part of earning the privilege to use it.

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## **9. Screen Time Limits**

Parents may set time limits for daily phone use.

Phone privileges may be paused if usage becomes excessive or unhealthy.

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## **10. Consequences**

Failure to follow this agreement may result in:

- Temporary phone removal
- App restrictions
- Reduced screen time
- Loss of privileges

Repeated violations may lead to long-term removal.

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## **11. Review & Trust**

This agreement is about building trust.

As you demonstrate responsibility, privileges may increase.

If trust is broken, privileges may decrease.

We will review this agreement together and adjust it as you grow older.

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**Acknowledgment**

I understand that this phone is a privilege and agree to follow these rules.

I understand that my parents are responsible for my safety and are setting these expectations to protect me.

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**Teen Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_