**Jayden’s Cell Phone Contract**

This contract between Steven, Steph and Jayden establishes family rules and consequences regarding cell phone usage.

*Jayden’s Cell Phone Responsibilities*

Upon finishing year 6 I have been granted the privilege of holding and owning a cell-phone. With this privilege comes the following responsibilities:

* I will share my phone's password with my parents and they may use it to check my phone at any time.
* I will not send threatening or mean texts to others.
* I will not text or place phone calls after 7 p.m.
* I will keep my phone charged at all times.
* I will answer or respond promptly when my parents contact me.
* I will not bring my cell phone to the family dinner table.
* I will not go over my plan's monthly/yearly data usage. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my cell phone privileges.
* I understand that I am responsible for knowing where my phone is, and for keeping it in good condition.
* I will obey the rules of etiquette[[1]](#endnote-1) regarding cell phones in public places. I will make sure my phone is turned off when I am in church, restaurants, or other quiet settings.
* I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus.
* I will alert my parents when I receive suspicious or alarming phone calls or text messages from people I don't know.
* I will also alert my parents if I am being harassed by someone via my cell phone.
* I will not use my cell phone to bully another person.
* I understand that having a cell phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble and out of danger.
* I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take embarrassing photos of others.
* I will not use my phone to buy or download anything without asking permission first.

*Consequences*

Having a cell phone is a privilege, not a right. If the rules are broken, there are consequences. This section will clearly lay out any consequences Jayden could face.

* I understand that having a cell phone is a privilege and that if I fail to adhere to this contract, my cell phone privilege may be revoked.
* If needed, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my parents.
* I understand that my cell phone may be taken away if I talk back to my parents, fail to do my chores, or fail to keep my grades up.

*Parent Responsibilities*

This section details the parent responsibilities, including:

* I understand that I will make myself available to answer any questions Jayden might have about owning a cell phone and using it responsibly.
* I will support Jayden when they alert me to an alarming message that they have received.
* I will alert Jayden if our cell phone plan changes and impacts the plan's minutes.
* I will give Jayden two (2) warnings before I take his or her cell phone away.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [Tween]

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [Parents]

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. ***Rules for Text Messaging and Etiquette***

   **Texting doesn't replace talking.** Texting shouldn't take the place of all one-on-one interactions with friends and family.

   **Keep it short and sweet.** Keep text messages short and to-the-point. If a "conversation" goes on for more than a few minutes, be encouraged to call the person and continue the conversation that way.

   **Don't text in front of others.** Refrain from "phubbing," which is texting with another person while they're spending time with a friend. It's extremely rude and can hurt feelings. Text messaging and phone etiquette requires you to think about how your actions make other people feel.

   **Think before you text.** Refrain from texting a friend if you’re in a fight or are angry with one another. Wait until you’ve calmed down, and then encourage them to work things out in person or over the phone.

   **It's all about context.** REMEMBER: text messages are misunderstood because of a lack of context. The text message recipient can't see the sender's facial expressions or hear their tone of voice. Jokes and sarcastic comments may cause hard feelings if they're passed along in a text message and misunderstood.

   **Keep content in mind.** Refrain from delivering bad news in a text message, i.e. *"I heard our soccer coach quit!"*

   **Be kind.** You are responsible for what you text to other people. Refrain from gossiping about others, trashing others, and being unkind in general.

   **Don't text and drive.** It will be a few more years before you will be behind the wheel of a car, but you should never text and drive. In the meantime, you should also know that you shouldn't text while engaged in other activities that require their full attention, such as riding a bike, skateboarding, or any situation in which you need to be aware of what is going on around you.

   **Text at the right time.** You should refrain from texting during class, at church, dinner, the movies, a friend's birthday party, a funeral or in other public settings. The same applies if our family is going out for a nice meal or enjoying an activity together.

   **Texting is a privilege, not a right.** Texting should be regarded as a privilege, and you should know that bad behaviour will result in the loss of that privilege. You are reminded that part of the responsibility of using a cell phone is following cell phone etiquette rules. That's the responsibility of growing up. [↑](#endnote-ref-1)