

Family Contract for Smartphone Use

Kids and Teens Pledge

I will not touch or look at my phone when it's dangerous to do so such as driving, riding a bike or walking.

I will be considerate of others and not use my phone to text or talk when it may disturb others or at inappropriate times or places such as in class or in theatres.

I will take care not to damage or lose my phone and will let my parents know right away if it is damaged, lost or stolen.

I will only use apps from legitimate app stores (like Apple or Android Play Store) and do a little research to make sure they're appropriate and safe to use.

I will carefully review the privacy policies of any apps I use including what information the app collects or shares.

I will only use apps that share my location with family or personal friends I know from the real-world.

I will respect my own and other people's privacy in pictures and posts that that I share.

I will only share pictures and videos where everyone is appropriately dressed and will avoid sharing any images that could embarrass me or others or get anyone in trouble.

I will treat others respectfully and kindly in what I post, what I text and how I interact socially.

I agree to the above

Child sign here

I will help my child follow this agreement and will allow reasonable use of the Internet as long as these rules and other family rules are followed.

Parent(s) sign here



Family Contract for Smartphone Use

Parents Pledge

I will be a good role model and never text while or use apps while driving or during other activities where phone use might be dangerous.

I will be considerate of others, including my family members by refraining from using the phone when it might disturb people around me.

I will talk with my kids and set reasonable expectations about their smartphone.

I will take whatever action is appropriate if I feel a child has misused his or her phone or broken a family rule, but I will be thoughtful about such actions and not overreact.

I agree to the above

Parent(s) sign here

Child sign here

