Date

Dear \_\_\_\_\_\_\_\_\_,

We are endlessly proud of you. You are a young person with strong faith and great character. We trust you to make good decisions. So you may be wondering why we’re asking you to sign this document.

Cell phones, computers, and other electronic devices can be used for a lot of great purposes, such as building relationships, learning, and having fun. However, if used wrongly, they can also put your emotional wellbeing, safety, and reputation at risk. And they can be a distraction, keeping you from engaging with people in person and using your time well.

The goal of this agreement is to establish clear expectations about using electronic devices wisely.

Please review this contract, which pertains to your use of your phone, your computer, and all other electronic devices you use, whether they are your own or some else’s. Initial each point and sign it at the end. Feel free to ask any questions you may have.

With love,

Mom and Dad

I understand that my parents love me and the rules below are for my wellbeing. I understand that my parents want to give me freedom, while also setting up parameters that will help me make smart choices.

Initial here: \_\_\_\_\_\_

I promise that my parents will always know the passwords for my electronic devices. I understand that my parents have the right to look at my phone or other electronic devices whenever they want to, even without my permission.

Initial here: \_\_\_\_\_\_

I will never give my passwords to anyone other than my parents.

Initial here: \_\_\_\_\_\_

When I am away from home, I will always have my phone turned on so my parents can reach me, and I will respond to their calls or texts as promptly as possible.

Initial here: \_\_\_\_\_\_

If my parents ask me to stop using my phone, computer or other electronic device, I will do so right away.

Initial here: \_\_\_\_\_\_

I will always use appropriate language when communicating with my phone, computer, or other electronic device, whether talking, texting, emailing, or using social media.

Initial here: \_\_\_\_\_\_

I will never send a text message or email I wouldn’t want my parents to see.

Initial here: \_\_\_\_\_\_

I will use good electronic equipment etiquette. That means I will silence and/or put my phone away in public — especially in a restaurant, at the movies, or while speaking with another person. I will not allow the phone or other technology to have more of my attention than the people I am with. Among other things, that means not looking at a screen while talking to people.

Initial here: \_\_\_\_\_\_

I will not bring my phone to the dinner table.

Initial here: \_\_\_\_\_\_

When riding in one of my friend’s parent’s car, I will make myself available for conversation instead of being on my device. I understand that it may be okay to use my device in a situation like that, but I won’t automatically go to my device. I will try to cultivate a reputation as a young person who is more interested in relationships and conversation than what’s on my device.

Initial here: \_\_\_\_\_\_

I will turn off my phone and computer by 10 pm every school night and by 11:30 pm every weekend night, and I will leave them in the kitchen every evening before I go to bed.

Initial here: \_\_\_\_\_\_

Other than needing some privacy for a phone call, I will never use my phone or other electronic device behind closed doors, such as in a bathroom or in my bedroom.

Initial here: \_\_\_\_\_\_

I will be intentional about what notifications I choose to receive, with an emphasis on keeping them to a minimum.

Initial here: \_\_\_\_\_\_

I will never buy anything online without my parents’ permission.

Initial here: \_\_\_\_\_\_

I will never join a social network without my parents’ permission.

Initial here: \_\_\_\_\_\_

I will never download an app without my parents’ permission, even if it is free.

Initial here: \_\_\_\_\_\_

I will never take or send embarrassing or sensitive photos with my phone or other device. Ever. I understand that there could be serious legal consequences that could put my and my parents’ future at risk.

Initial here: \_\_\_\_\_\_

If anyone ever sends me embarrassing or sensitive photos, I will tell my parents right away.

Initial here: \_\_\_\_\_\_

I will never use my phone, computer, or other devices to search for anything that I wouldn’t want my parents finding.

Initial here: \_\_\_\_\_\_

I will never use my electronic devices to look at inappropriate content, such as nudity or YouTubers who swear or otherwise engage in inappropriate behavior.

Initial here: \_\_\_\_\_\_

I will not download or listen to music that contains inappropriate language, such as swearing or other language I know my parents wouldn’t want me listening to.

Initial here: \_\_\_\_\_\_

I understand that my behavior on my phone, computer, and other devices can impact my future reputation that could impact my acceptance into the college I’d like to attend, my future employment, and many other decisions that I may not be able to predict or appreciate right now.

Initial here: \_\_\_\_\_\_

I promise I will tell my parents if I receive suspicious or alarming phone calls, text messages, emails, or social media messages from people I don’t know. I will also tell my parents if someone is harassing me via my cell phone or computer.

Initial here: \_\_\_\_\_\_

I will never text and drive. I understand it poses a significant danger to my safety, the safety of any passengers in my car, and the safety of other drivers.

Initial here: \_\_\_\_\_\_

I will never use my phone or social media to bully or tease anyone.

Initial here: \_\_\_\_\_\_

I will not lie about where I have been or how I am using the phone or other electronic devices. I promise to answer questions openly, honestly, and directly.

Initial here: \_\_\_\_\_\_

I understand there may be other situations pertaining to the use of my phone and other electronic devices not specifically addressed in this contract that my parents would not approve of. I will do my best to exercise mature decision-making that honors God and my family as I use electronic devices.

Initial here: \_\_\_\_\_\_

I understand that having a phone and computer is not a right—it is a privilege that can be taken away at any time.

Initial here: \_\_\_\_\_\_

I understand that if I ever break or lose my phone or computer, or if it is stolen, it will be completely my responsibility to pay for its replacement.

Initial here: \_\_\_\_\_\_

I have read this entire document and agree to the above rules.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sign here Date