

FAMILY CELL PHONE AGREEMENT

A mutual agreement built on trust, safety, and responsibility

This agreement is entered into on this _____ day of _____, 20____,
between _____ (hereafter referred to as "the Child")
and their parents, _____ and _____.

1. Core Philosophy

We agree that **having a cell phone is a privilege, not a right**. This phone can be temporarily removed by parents. This action is taken not as a punitive measure, but to protect the Child from inherent smartphone risks. These risks include mental health decline, developmentally inappropriate content (such as violence or pornography), reduced real-world human interaction, and deceptive AI-generated content.

Child Initials: _____ / Parent Initials: _____

2. Screen Time & Scheduling

Daily Time Limits

We agree to implement parental controls restricting entertainment apps (e.g., YouTube, Netflix, video games) to _____ **hours** per day.

Child Initials: _____ / Parent Initials: _____

Social Media Trial & Parental Controls

We agree to test **one social media app at a time**. The Child must communicate which app is currently active. We agree to implement parental controls restricting social media app usage to _____ **minutes** per day. Parents and Child must be "friends" or connected on the platform (e.g., Instagram, Snapchat, TikTok, X).

Child Initials: _____ / Parent Initials: _____

Bedtime Curfew

The phone must be placed in a designated shared family space to charge at night. **The phone is not allowed in the bedroom overnight.** On school nights, the phone must be put away by _____:_____ **PM.**

Child Initials: _____ / Parent Initials: _____

Mealtime Rules

The phone will not be used during mealtimes, except under explicit, special circumstances.

Child Initials: _____ / Parent Initials: _____

3. Consequences for Bypassing Limits

If parental control limits are bypassed, avoided, or altered without permission, parents reserve the right to **take away the phone for _____ amount of time**, or may request that the specific app where the limits were bypassed be **completely deleted from the device for _____ amount of time.**

Child Initials: _____ / Parent Initials: _____

4. Digital Safety & Content Boundaries

Age & Access Restrictions

We agree to strictly enforce **SafeSearch**. The Child will not visit any websites where they do not meet the legal or platform age restrictions (including gambling, pornography, alcohol/drugs, and the dark web).

Child Initials: _____ / Parent Initials: _____

Explicit Content

There is a strict **zero-tolerance policy for pornography**. No sending or receiving explicit or naked photos. If an explicit photo is received, the Child must delete it immediately and instruct the sender to stop.

Child Initials: _____ / Parent Initials: _____

Digital Footprint

The Child will not post text, photos, or memes on social media or YouTube that could negatively impact their future, including relationships or employment opportunities.

Child Initials: _____ / Parent Initials: _____

AI Usage

Artificial Intelligence is a tool. It **cannot be used for schoolwork** unless explicitly authorized by a teacher. Additionally, AI tools must never be treated or used as a mental health provider.

Child Initials: _____ / Parent Initials: _____

5. Security, Privacy, & Communication

Password Management

The Child will **share their phone password with parents**. The Child will **never share their phone password with friends**.

Child Initials: _____ / Parent Initials: _____

Online Bullying & Harassment

The Child will immediately notify parents if they experience cyberbullying, harassment, or catfishing. If the Child encounters mean or bullying comments on platforms they manage (like a YouTube channel), they agree to disable the comments section.

Child Initials: _____ / Parent Initials: _____

6. Financial Responsibility

If the phone is lost, stolen, or physically damaged, the Child agrees to **pay for the repair or replacement**, or alternatively, pay the monthly cost of the phone insurance.

Child Initials: _____ / Parent Initials: _____

7. Agreement Signatures

By signing below, we confirm that we have read, understood, and agreed to all the terms outlined in this contract.

Child Signature: _____ **Date:**

Parent Signature: _____ **Date:**

Parent Signature: _____ **Date:**
