



AGES 13+

PHONE USAGE AGREEMENT

I KNOW THAT HAVING A CELL PHONE TO USE IS A PRIVILEGE AND WITH IT COMES A BIG RESPONSIBILITY.

I UNDERSTAND THAT MY PARENTS LOVE ME AND WANT TO KEEP ME SAFE.

MY PARENTS RESPECT THAT I AM BECOMING A YOUNG ADULT AND WANT THE PRIVILEGE OF HAVING THE USE OF A CELL PHONE.

1. WHERE DO I PUT MY PHONE ONCE I GET HOME?

2. AT WHAT TIME WILL I TURN OFF MY PHONE IN THE EVENING?

3. WHEN/WHERE IS NOT THE RIGHT TIME TO USE MY PHONE?

4. HOW DO I SHOW UP AFTER USING MY PHONE FOR A LONG PERIOD OF TIME?

TERMS AND CONDITIONS:

- **I WILL PRACTICE PROPER ETIQUETTE WHEN USING MY CELL PHONE IN THE CLASSROOM AND OR FAMILY GATHERINGS.**
- **I WILL NOT TAKE MY PHONE OR ANY OTHER DEVICE, WITH ME TO THE BATHROOM.**
- **I UNDERSTAND THAT HAVING A CELL PHONE IS A MEANS OF COMMUNICATION AND IS NOT A REPLACEMENT FOR ACTUAL FACE TO FACE INTERACTION WITH MY FRIENDS AND FAMILY MEMBERS.**
- **I UNDERSTAND THAT I AM RESPONSIBLE FOR KNOWING WHERE MY CELL PHONE IS AND FOR KEEPING IT IN GOOD WORKING CONDITION.**
- **I WILL NEVER TEXT WHILE DRIVING AND WILL NOT RIDE IN A CAR WITH SOMEONE WHO DOES.**
- **I WILL NOT USE MY CELL PHONE TO TAKE PICTURES OR VIDEO OF ANY UNLAWFUL ACTIVITY.**
- **I WILL NOT USE MY CELL PHONE FOR MALICIOUS PURPOSES, I.E. BULLYING, SPREADING RUMORS/GOSSIP, NOR WILL I SEND TEXT MESSAGES THAT ARE VULGAR.**
- **I WILL ALERT MY PARENTS IF I RECEIVE SUSPICIOUS OR ALARMING PHONE CALLS OR TEXT MESSAGES.**
- **I WILL ALERT MY PARENTS IF I AM BEING HARASSED BY SOMEONE VIA MY CELL PHONE.**
- **I WILL ALWAYS RESPOND TO MY MOM OR DAD'S TEXTS/CALLS AS SOON AS POSSIBLE IN THE GIVEN SITUATION.**
- **I UNDERSTAND THAT MY CELL PHONE MAY BE TAKEN AWAY FOR FAILING TO COMPLETE MY RESPONSIBILITIES TOWARDS MY HEALTH AND EDUCATION.**



PHONE USAGE PER DAY

DAY

TIME

ACTIVITY

RE-ASSESS AFTER THREE MONTHS:

WHAT AM I DOING WELL TO MANAGE MY PHONE USAGE?

WHAT NEEDS ENHANCEMENT?

DATE & SIGNATURES:

ME

MUM

DAD