

CELL PHONE CONTRACT

It's a privilege not a right to have a cell phone.
It can be taken away at any time for any reason.

These are the things I'm responsible for:

- ___ Answer the phone if my mom or dad calls.
I will text or call back right away if it's missed.
- ___ Follow all the rules wherever I am (school, church, activities, etc).
- ___ Let my parents know right away about any unknown texts, calls, social media.
- ___ Make sure that it is charged.
- ___ Keep it in good condition.
- ___ If I lose it or break it, it is my responsibility to replace or fix it.
- ___ Hand over to my parents at any time, for any reason.
- ___ Let parents know my passwords.
- ___ Turn it in every night before bed.

These are the things I will not do:

- ___ Text, email, or say anything through this device that I wouldn't say in person.
- ___ Take inappropriate pictures of myself.
- ___ Be involved in inappropriate behavior.
- ___ Text or send mean emails to others.
- ___ Call or text anyone after 9pm.
- ___ Bring my phone to the dinner table.

sign here

Guidelines for *for kids*

TECHNOLOGY

www.thirtyhandmadedays.com

AGE APPROPRIATE

Cell phone, tablets, devices

0-2 years	0-1 hr/day
3-5 years	1 hr/day
6-12 years	2 hr/day
13-18 years	2 hr/day

THE FACTS

75% of 12-17 yr olds have cell phones.

Girls text 2.5 more times than boys do.

On avg. teens 12-17 send 167 texts per day.

GENERAL RULES FOR CELL PHONE

Answer the phone if my mom or dad calls.	Let parents know my passwords.
Text or call back right away if it's missed.	Turn it in every night before bed.
Follow all the rules wherever I am (school, church, activities, etc).	No calls/texts after 9pm
Let my parents know right away about any unknown texts, calls, social media.	No inappropriate behavior
Make sure that it is charged.	
If I lose it or break it, it is my responsibility to replace or fix it.	
Hand over to my parents at any time, for any reason.	