

Our Family Media Contract



I agree:

I will talk to my friends and family more than I text them.

I will plug my cell phone into my parent or guardian's room by ____ p.m. on school nights and ____ p.m. on the weekend

I will always have my cell phone turned on when I'm out with friends, so my parent or guardian can reach me if needed.

I will always check in to see how I am feeling after being on social media and discuss it with my family.

I promise not to:

- I will not use my cell phone during meals, family time or school events
- I will not text or use my cell phone when I am doing homework or in school
- I will not use my phone to text or talk while driving
- I will not use my phone when people are talking to me in person
- I will never message or engage with anyone and then delete or hide it from my parent or guardian
- I will never share my personal information such as address, phone number, school, teams, with anyone online
- I will never send, forward, or respond to mean or threatening messages. I will not request or send inappropriate photos
- I will not download any apps or make purchases without my parent or guardian's permission
- I will not give my password to anyone but my parents or guardian
- I will not join chat rooms or social network groups without my parent or guardian's permission
- I will give my parents or guardian my passwords to all my accounts
- I will give my parents or guardian access to the phone whenever they ask

I understand that the cell phone is a privilege and I must be responsible and trustworthy. I will follow this contract and have a respectful attitude when these rules are enforced by my parent

Signature of Minor _____

Date: _____

Signature of Parent _____

Date: _____

Name of Trusted Adult I can call for help: _____