

THE  
P.H.O.N.E.  
CHAT

# P.H.O.N.E. CONTRACT



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## Having your own smartphone is a big deal!

There's a world full of possibilities, but it comes with a bit of responsibility.

This agreement is something we'll both sign. A set of rules to put us both on the same page, with a promise to look out for each other, and keep things safe, sensible, and fair.

### Our smartphone use agreement

#### 1. Screen time

- a) On school days, the phone can be used for up to  hours except to help with school work.
- b) On weekends, the limit is  hours each day.
- c) More time is allowed for things like  if we talk about it and agree ahead of time.

#### 2. Phone curfews

- a) No phones after  pm on school nights.
- b) On weekends, phones go off by  pm.
- c) During curfew hours, the phone will be kept in

#### 3. Phone use is not allowed

- a) During family time like
- b) During schoolwork or study time at home, like
- c) At school, unless  says it's okay.
- d) While crossing the road , in public places , during conversations

#### 4. The following apps are allowed

- |                                         |                                     |
|-----------------------------------------|-------------------------------------|
| a) Facebook <input type="checkbox"/>    | i) Threads <input type="checkbox"/> |
| b) Messenger <input type="checkbox"/>   | j) Discord <input type="checkbox"/> |
| c) X (Twitter) <input type="checkbox"/> | k) Other <input type="text"/>       |
| d) Instagram <input type="checkbox"/>   | l) Other <input type="text"/>       |
| e) WhatsApp <input type="checkbox"/>    | m) Other <input type="text"/>       |
| f) YouTube <input type="checkbox"/>     | n) Other <input type="text"/>       |
| g) TikTok <input type="checkbox"/>      | o) Other <input type="text"/>       |
| h) Snapchat <input type="checkbox"/>    |                                     |

#### 5. Let's talk, openly, no judgement, if any of this happens

- a) You see something upsetting online. ☐
- b) Someone you don't know contacts you. ☐
- c) Someone is mean or bullying you online. ☐
- d) You think you might be getting scammed. ☐
- e) You want to spend money online. ☐
- f) You're sharing images with someone you met online. ☐
- g) You might've shared personal info (like photos of our house or ID). ☐
- h) You want to download a new app. ☐
- i) You want to join a new online community. ☐

#### 6. When online, you agree to:

- a) Be kind – no bullying, teasing, or hurting others through messages or posts. ☐
- b) Stay away from group chats or spaces where people are being cruel or excluded. ☐
- c) Skip stuff that's not for your age, and never share anything violent, illegal, or inappropriate. ☐
- d) Never send, ask for, or share private or embarrassing pictures or videos. ☐

#### 7. We'll use some tools that let me keep an eye on screen time, app use, browsing history and messages.

- a) We'll talk about any monitoring apps before they are installed and use them fairly. ☐
- b) You agree not to turn them off or try to get around them. ☐
- c) If the monitoring ever feels too strict, we'll talk about it. ☐
- d) We'll review how it's going together from time to time. ☐

#### 8. Sometimes you might want to use your phone in a different way – here's what we'll do:

- a) You'll ask first and explain why. ☐
- b) I'll/We'll listen fairly and explain the answer. ☐
- c) You'll accept the decision, even if it's a "no," without arguing or trying to sneak around the rule. ☐
- d) If it's a "yes," we both understand it's a one-time thing, not a new rule. ☐

This agreement is dated , and will be reviewed on

Parent(s)/Guardian(s)

Name

Signature

Child

Name

Signature