PARENTING

HELPING YOUR CHILD NAVIGATE THE WEB:

Social Media–Cell Phone Contract

MOBILE PHONE AGREEMENT

As a family, we believe technology can be a helpful tool, but it must be used wisely and responsibly. This agreement is designed to help you honor God, respect others, and grow in responsibility.

OWNERSHIP AND ACCESS

- This is our phone. We purchased it. We pay for it. We are allowing you to use it. You are not entitled to it.
- We will always know the password.
- There is no expectation of privacy on this phone. We may check it at any time. Do not delete messages, apps, photos, or browsing history to hide activity. If something needs to be hidden, it should not be there in the first place.
- This phone exists for communication, safety, and family convenience. If it becomes a source of distraction, disobedience, or conflict, it will be taken away until it can be used wisely again.

TIME AND PLACE

- All phone use ends during homework. There will be no phone use after 8:00 pm on school nights and after 10:00 pm on weekends. The phone will be placed in airplane mode overnight and turned back on at 7:00 am unless otherwise approved.

- Phones are put away during meals, family time, and important conversations. Family always comes before screens.
- The phone goes to school only for school related purposes. It is not for entertainment at school.

COMMUNICATION AND RESPECT

- If it rings, answer it. It is a phone. Say hello and use your manners. Do not ignore a call if the screen reads Mom or Dad. Not ever.
- Proper communication is a life skill. Text the way you would speak. Speak when you can instead of texting.
- Do not say anything through this phone that you would not say in person.
- Do not say anything through this phone that you would not say with your parents present.
- Do not engage in conversations that are hurtful, inappropriate, or dishonoring. Do not gossip or speak about others behind their back. Be a person who builds others up and defends them. Leave any group conversation that becomes inappropriate or harmful.
- Always ask permission before taking or sharing photos or videos of others. Respect their privacy.

SAFETY AND RESPONSIBILITY

- If the phone is damaged, lost, or destroyed, you are responsible for helping cover the cost of repair or replacement.
- Do not send, request, or receive inappropriate pictures or videos. This can have serious and lasting consequences.
- Do not look at or search for anything you would not openly share with us. If you have questions, come talk to us. No pornography. Ever.
- Location services must remain on for safety and accountability.
- Never use your phone while driving. Not texting, not calling, not messaging. Not ever. Pull over and stop the vehicle if you are driving and need to make a phone call, text, or message.

FAITH AND CHARACTER

- This technology can be a great tool, but if it is misused, it can damage your life and reputation. Use it in a way that honors God.
- Do not watch or listen to anything that does not honor Christ.

- Build others up with your words. Let your communication reflect your faith.
- Use your phone for good—encouraging others, growing in your faith, and staying connected in healthy ways.

HEALTHY HABITS

- Do not let your phone distract you from real people. Whoever has your eyes should have your attention.
- Do not feel the need to document everything. Live your life and enjoy the moment.
- Do not let your phone define your value. Your worth is not found in notifications, popularity, or attention.
- It is okay to miss things. You do not need to be always connected.
- Use your mind. Read, think, and challenge yourself. Spend time on things that help you grow.

SOCIAL MEDIA

- No social media accounts without permission and parental oversight.
- Think before you post. Ask:
    - Does this honor God?
    - Is it kind and true?
    - Would I be okay with my parents seeing this?
- Do not share personal information, location details, or anything that could put you at risk.

CONSEQUENCES AND GROWTH

- If these guidelines are not followed, we will address it together. Consequences may include reduced phone privileges or temporary removal of the phone.

Mistakes are opportunities to learn. We are here to help you grow, not just correct behavior.

A FINAL WORD AND OUR HOPE FOR YOU

This agreement is not about control. It is about care.

We are not giving you a phone so you can be connected to everything, but so you can learn how to live wisely in a world that never disconnects. Our goal is not simply that you follow rules, but that you become someone who knows how to make wise and God honoring decisions when no one is watching.

We trust you. We believe in who you are becoming. These guidelines are here to protect your heart, your mind, your relationships, and your future. More than anything, we want you to learn how to live with integrity, to treat others with respect, and to reflect Jesus in every area of your life.

There may be moments when this feels limiting, but it is rooted in love. One day, you will not need these rules because these values will be part of who you are.

Until then, we are walking this together.

ACKNOWLEDGMENT

I agree to the terms of this agreement and will choose to live accordingly.

Signed:

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GOING FURTHER: RESOURCE

Screen Kids: 5 Relational Skills Every Child Needs in a Tech-Driven World by Gary Chapman and Arlene Pellicane

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