

# FAMILY MOBILE PHONE AGREEMENT



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This document is designed to help parents and carers establish guidelines for their children on how to use their mobile phones responsibly and safely. As a child takes on the exciting new responsibility of owning a mobile phone, it is crucial that they understand the importance of using it with respect and being mindful of their online presence. Parents and carers should go through the agreement point by point with their child, discussing each guideline to ensure a mutual understanding. By signing this agreement, children are committing to being responsible phone users who understand the potential consequences of their actions.

*Terms of use: Families are welcome to use, modify, or adapt this document to suit their individual needs. However, organisations and professionals intending to use this document for purposes other than their individual work with families (such as uploading it to their website, using it for training purposes etc.) are required to keep the content unchanged. Any adaptations or modifications to the content are not permitted for these purposes.*

# FAMILY MOBILE PHONE AGREEMENT

*Yay, you've got a new mobile phone! We're excited for you as you embark on this cool adventure! To ensure you have an amazing time while keeping safe, we've created a few guidelines for you. Some of these might seem like no-brainers, but it's important we go over them together.*

*By signing this agreement, you're showing us that you're a responsible phone user who knows how to handle it with care and respect.*

I know that what I do on my phone and online can affect my safety and what people think of me. This means that I will use my phone and social media safely and carefully.

I agree to:

- 1** I will not meet anyone in person whom I only know from online and will only follow and approve friend requests from people whom I know well and trust. If I do plan to meet someone whom I met online, I will always do so in a public place with my parent's knowledge and supervision.
- 2** Not take, share or view any pictures, videos or messages that are rude, violent, or contain nudity/porn or hate speech. If I receive any such content, I will tell my parents straight away.
- 3** Let my parents monitor my phone and online activities and give them my passwords if they ask for them. I will hand the phone to one of my parents promptly at \_\_\_\_\_ pm every school night and every weekend night at \_\_\_\_\_ pm. I will get it back at \_\_\_\_\_ am.
- 4** Help my parents understand how to use apps and programs on my phone.
- 5** Use my phone for a reasonable amount of time and not neglect my homework, chores, or after-school activities. My parents may set a time limit for me to use my phone.
- 6** Not use my phone during mealtimes or when I'm talking to someone face-to-face.
- 7** Tell my parents or another adult I trust if I receive any messages, calls, or see any content that makes me scared, uncomfortable or worried.
- 8** Report any cyberbullying, harassment or illegal incidents to my parents or school and give any evidence necessary to investigate such incidents.
- 9** Tell my parents if I lose or damage my phone and take responsibility for any repairs or replacement costs.
- 10** Not download any apps, games, or other content that's not appropriate for my age or contains violence, bad words or inappropriate pictures.

**11** Not use my phone or any social media platform to do anything illegal or hurtful to others. This includes not asking for inappropriate pictures or videos, not trying to meet up with strangers, and not trying to sell or buy illegal things online.

**12** Keep my phone and all passwords secure and not share them with anyone other than my parents or trusted adults.

**13** Keep my personal information private and not share it with strangers or people I don't know well. This includes not giving out my name, address, phone number, email, passwords, or other personal information.

**14** Keep my family's private matters to myself and not share them online.

**15** Not bully or be mean to anyone on my phone or social media, even if my friends encourage me to do so.

I understand that my parents have provided me with this phone as a privilege and that it's not my personal property. I acknowledge that there will be consequences for not following these rules, which may result in the phone being taken away. I have read and agreed to the rules listed above. If I have any questions, I will talk to my parents directly.

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Sign here