## Overview

Creating a cell phone contract between you and your child is an excellent way to teach them about these rules and responsibilities, as well as the consequences for not seeing them through. Be sure you go over every item in your contract, giving your child the opportunity to ask questions and even make suggestions.

The sample phone contract below can get you and your child started. Use the contract as is, or edit it according to your own rules and consequences. Review the contract together periodically, as circumstances and challenges may change.

## Sample Cell Phone Contract

This contract between [Parents' Names Go Here] and [Child's Name Goes Here] establishes [family rules](https://www.verywellfamily.com/examples-of-household-rules-for-the-entire-family-1094879) and consequences regarding [cell phone usage](https://www.verywellfamily.com/kids-and-cell-phones-2633996).

### [Child’s Name] Cell Phone Responsibilities

Make a list of your child's responsibilities, such as:

* I will share my phone's password with my parents and they may use it to check my phone at any time.
* I will not send threatening or mean texts to others.
* I will not text or place phone calls after 9 p.m.
* I will keep my phone charged at all times.
* I will answer or respond promptly when my parents contact me.
* I will not bring my cell phone to the family dinner table.
* I will not go over our plan's monthly minutes or text message limits. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my cell phone privileges.
* I understand that I am responsible for knowing where my phone is, and for keeping it in good condition.
* I will obey the [rules of etiquette regarding cell phones](https://www.verywellfamily.com/texting-and-cell-phone-etiquette-for-tweens-3288602) in public places. I will make sure my phone is turned off when I am in church, restaurants, or other quiet settings.
* I will obey any rules my school has regarding cell phones, such as turning them off during class, or keeping them on vibrate while riding the school bus.
* I will alert my parents when I receive suspicious or alarming phone calls or text messages from people I don't know.
* I will also alert my parents if I am being harassed by someone via my cell phone.
* I will not use my cell phone to bully another person.
* I will send no more than \_\_\_\_\_ texts per day.
* I understand that having a cell phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble and out of danger.
* I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take embarrassing photos of others.
* I will not use my phone to buy or download anything without asking permission first.
* I will not take my phone to my bedroom.
* I will not use my phone when I am meant to get ready for school/trainings/matches.
* I will not download new apps without my parents’ approval.
* I will let my parents know if I feel bullied, harassed or uncomfortable by messages received on my phone (from people I know or people I don’t know).
* I will not watch inappropriate/offensive/rude videos or websites

### Consequences

Then, include the consequences for breaking cell phone usage rules:

* I understand that having a cell phone is a privilege and that if I fail to adhere to this contract, my cell phone privilege may be revoked.
* If needed, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my parents.
* I understand that my cell phone may be taken away if I talk back to my parents, fail to do my [chores](https://www.verywellfamily.com/the-importance-of-chores-for-kids-1095018), or fail to keep my grades up.

### Parent Responsibilities

Finally, detail the parent responsibilities, including:

* I understand that I will make myself available to answer any questions my child might have about owning a cell phone and using it responsibly.
* I will support my child when they alert me to an alarming message that they have received.
* I will alert my child if our cell phone plan changes and impacts the plan's minutes.
* I will give my child \_\_\_\_\_\_\_ warning(s) before I take his or her cell phone away.
* We are entitled to change the terms and conditions of this contract if we feel it appropriate, but we will discuss beforehand with (child).

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [Child]

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [Parents]

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

<https://www.verywellfamily.com/a-sample-cell-phone-contract-for-parents-and-tweens-3288540>