

My Kid's Smart Phone Contract

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____[First Name]____ ____[Last Name]____ agrees to the following conditions:

1. It is mom and dad's phone. We bought it. We pay for the monthly service. We are loaning it to you. Aren't we the greatest parents?
 2. We will always know your passwords and passcodes to the phone, email and social media accounts. If you change them, you will inform us immediately. If you post something we disapprove of, you agree to delete it *without* argument.
 3. You want to download something? Ask permission. You want to buy something? Pay up.
 4. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad." Not ever.
 5. Shut down the phone promptly at 10 pm every school night and every weekend by 11 pm.
 - On Saturdays, the phone can be turned on after breakfast.
 - On Sundays, the phone can be turned on when we leave for church.
- There can be parent-approved exceptions to these times. Mom and dad are always open to reasonable discussions, so feel free to ask.
6. Never take the phone into bed with you. Phones in bed aid phone addiction, hinders your sleep, and has other negative side effects. Social science says so. And so does common sense.
 7. It does not come out at school unless you need to call mom or dad.
 8. If it falls into the toilet, smashes on the ground, a friend breaks it or it vanishes into thin air, you are responsible for replacement or repairs. Wash windows, babysit, stash some birthday money, do whatever (legally) to earn money. It will happen, you should be prepared, so start saving now.
 9. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay out of the crossfire.
 10. Do not text, email, or say anything through this device you would not say in person.
 11. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
 12. No porn. Search the web for information you would openly share with us. If you have a question about anything, ask mom or dad.
 13. Turn it off, silence it, put it away in public. Especially at family functions, in a restaurant, at the movies, or while speaking with another human being. And never ever bring it to the dinner table. You are not a rude person; do not allow the phone to change that.

14. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Your friends will or have already done this. Someday you may be tempted to do this despite your high intelligence. It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear—including a bad reputation.

15. Don't take a zillion pictures and videos. There is no need to document everything or post it to social media. If you don't post it, it still happened. Live your experiences. They will be stored in your memory for eternity.

16. Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Control it, don't let it control you. Be bigger and more powerful than FOMO (fear of missing out).

17. Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

18. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to friends. Wonder without googling.

19. You will mess up. We will take away your phone. We will sit down and talk about it. We will start over again. You and us, we are always learning. We are on your team. We are in this together.

20. Above all else, think and reflect on how you can glorify God in your cell phone use. From time to time ask, "How does/can this help me to love God?" and "How does/can this help me to love my neighbor?" These are the two greatest commandments.

Read over this contract every few months to remind yourself of these things. We reserve the right to add additional rules whenever we deem it necessary.

If you violate the terms of this contract, we will immediately confiscate the phone and determine a course of action that may or may not include you earning back the phone.

We love you more than you know and this smartphone can harm you more than you know. Therefore, try your best to remember that these rules and boundaries are given out of our deep love for you and for your protection.

Your Signature

Mom's Signature

Date

Dad's Signature

Reference: This is my edited version of "To My 13-Year-Old, An iPhone Contract From Your Mom, With Love" by Janell Burley Hofmann (http://www.huffingtonpost.com/janell-burley-hofmann/iphone-contract-from-your-mom_b_2372493.html)