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|  | Cell Phone Use Agreement |  |  |

1. I understand that having a cell phone is a privilege. I understand that my parent will regularly review my phone usage as I learn how to use it responsibly.
2. I will leave my phone at a charging station in the living room overnight so my phone is not in my room at night. It's too tempting to respond to, and sleeping near it is bad for my developing brain.
3. I know that everything I send can become public. I will never write a message or forward a photo or text that I wouldn’t want forwarded to everyone in my school, including my principal and my parents.
4. I will commit never to say anything via text that I wouldn’t say face to face. If I get hurt or insulted by something that someone texts me, I will take a deep breath, put my phone down, and talk to someone I trust about it in person. I will then talk face to face to the person involved in the situation.
5. I will always ask before I take a photo or video. Even once someone has given me permission to take a photo, I will ask before I post it. I will not use my phone to take or forward photos or videos that I would be too embarrassed to show my parent.
6. Before I forward a text or a photo, I will ask myself: “Could this hurt anyone’s feelings? Is this respectful?” When in doubt, I will not forward.
7. I understand that possession or distribution of pictures or videos of naked people who are underage is illegal. If someone sends me an embarrassing photo or video, I will show it to my parent. I understand that even with apps like Snapchat which delete the photo, photos can be copied and forwarded to others and anyone can see them.
8. I will never post my cell phone number on social media or messaging apps to broadcast it beyond my friends (because it leaves me open to stalking.)
9. I will never broadcast my location except in a direct text to specific friends (because it leaves me open to stalking.) I won’t use location apps that post my location.
10. I will never respond to numbers I don't recognize, since they are spam, scams or more dangerous.
11. If I receive an unsolicited text, that's spam. I won’t click on it. Instead, I will tell my parent so that they can report the problem and have the caller blocked.
12. I agree not to download any apps without my parent’s permission. I understand that apps track my whereabouts and gather personal information about me and my online habits.
13. Our family rule is no cell phones at the time while we are eating together, either for parents or kids. The dinner table is the time when I disconnect from the world to connect with my family. People who live outside our home can wait a little bit.
14. I will respect the rules of my teachers and school and keep my phone silenced and out of sight when I am in class.
15. I will not use my phone during homework without explicit permission.
16. I understand that companies make more money from people who spend more time online, so they design social media usage to be addictive. Therefore, I commit to managing my relationship with social media so that it is good for me.
17. I understand that social media can create positive and negative feelings depending on how I relate to it. What’s positive is that it can be a great way to learn and connect with friends and family. What’s negative is if we find ourselves comparing our lives to other people’s lives online or feeling left out, or letting online contact substitute for in-person contact. Humans, and especially young people, are happier when they get to hang out with each other in person and it’s easy to get isolated. Social media is also negative if we forget that what we see online is not a true and full picture of someone’s life. Research shows that frequent social media use cause people to become more depressed; it can cause them to compare their lives to others and to feel left out of their friends lives and experiences. Therefore, I will pay attention to how my social media usage is making me feel and talk to someone I trust about it on a regular basis.
18. I understand that cell phone usage can be addictive because human brains get a little rush of dopamine every time we interact with our phones. That’s why every text or notification feels good. But I understand that this can distract me from other things that are important but maybe not so immediately rewarding, such as connecting with my family and just enjoying my life offline. I will notice and resist the temptation to respond immediately to every notification on my phone.
19. I agree to respect my family’s screen limits and to only use my phone at the times that my parents and I agree on. The rest of the time, my phone will stay in the phone charging station or phone basket. To begin, I understand that I am allowed to use my phone only at the following times:

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By signing below, I agree to follow the rules of this agreement.

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| Child’s Signature |  | Date |
|  |
| Child’s Name- Print |
|  |  |  |
| Parent’s Signature |  | Date |
|  |
| Parent’s Name- Print |