

Smartphone Contract For Young Teen:

I, _____, agree to the rules outlined below in order to have an iPhone. This iPhone belongs to my parents and they are graciously allowing me to use it because I have earned their trust. I realize that if at any time, I do not follow the rules described below, I will immediately lose the privilege of having the iPhone. If I choose to argue or become disrespectful about any violations, I will automatically lose the iPhone for a period of least 7 additional days.

1. If the phone rings, answer it as long as you recognize the number. It is a phone. Say hello, and use your manners. Never ignore a phone call from someone you know. If, however, you do not recognize the number and/or it is a call from an unfamiliar area code you may allow it to go to voicemail. If a message is left, check the message immediately and respond to it if the caller is legitimate. If there is any question about the message sent, please forward it to your parents. (Sadly, scam and marketing calls are becoming increasingly common.)
2. We will always know your passwords to every account used through every app installed on your iPhone. This is non-negotiable!
3. Your phone must be pass-code protected and you will share the pass-code with your parents.
4. Every night, the phone is to be turned off and returned to a parent by _____ o'clock. It is off limits until morning.
5. At the discretion of your parents, the phone may be collected Sunday night and not returned until Friday afternoon, so as not to be a distraction from your busy school week. This point will be decided by your parents. Should there be any argument, see the opening paragraph above about loss of privileges.
6. When you are doing homework/school work, the phone must be put on "silent" or turned off, and be placed in a location outside your area of homework so as not to be a distraction. Using the phone while doing homework is not acceptable. Period.
7. At the discretion of your parents, the phone may be off-limits from being used in certain locations of the house. Those locations include:

8. If the phone falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. It is likely to happen, and you should be prepared to pay as much as \$500 - \$600 when it does.
9. Do not use any technology to lie, fool, cheat or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend and

upstander. Tell us about mean or harassing behavior. (If we find out later that you did not tell us about something, you will lose the use of your phone for a period of time.)

10. Do not text, email, or say anything through your phone that you would not say in person. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.
11. Do not download ANY apps without our permission. Do not sign up for any services, apps, or websites without our permission.
12. If we allow you to use any app, or phone feature such as texting, you are not allowed to use this app or feature to connect with people you don't know in person. Not even "friend of a friend" is allowed. We want you to know in real life, the people you connect to through your phone.
13. You are specifically instructed NOT to install and use the following popular apps UNLESS we give you specific permission, along with conditions for their use:
 - a. Snapchat (If allowed, you are NEVER to earn Streaks)
 - b. Instagram (If allowed, you are NEVER allowed to post photos of other children without their parents' permission.)
14. Turn it off, silence it, or put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.
15. Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will 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. If someone sends you such a photo, notify us immediately but do not forward or show the photo to anyone. You are now on very risky legal ground and we will help you figure out what to do at this point.
16. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences.
17. 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.
18. 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.

19. Play a game with words, numbers puzzles or brain teasers every now and then.
20. Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to your friends, acquaintances and family. Wonder without Googling.

Initially, we will install an App on your and our iPhones called “Kaspersky Safe Kids”. This will allow us to monitor EVERYTHING (including anything you have deleted) you do on your Phone.

We know that these rules will feel unfair and excessive. We also know that you are developmentally too young to fully understand the risks that come by using this very powerful technology. We don't expect you to understand the following facts that have recently been revealed about these devices by scientific studies and interviews with scientists and phone/app developers:

- The phones and some of the apps (such as social media) are designed and developed to be addictive
- Overuse of these devices have direct and negative impact on the development of your brain; an unhealthy increase in dopamine release, a negative impact on your neural development between and within hemispheres of the brain, and a negative impact on your ability to focus attention for long periods of time (increased distractibility)

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. It is our hope that you can agree and follow these terms. You are growing up in a fast and ever changing world. It is exciting and enticing. Keep it simple every chance you get. Trust your powerful mind and giant heart above any machine. We love you. We hope you enjoy your awesome new iPhone.

Child

Parent 1

Parent 2

Note: We will revisit this contract and update it as needed, as you grow, as life happens and as technology and the world continue to change.