

I AM EXCITED TO GIVE YOU THIS SMARTPHONE

BUT THERE ARE SOME RULES THAT GO ALONG WITH IT...

TEXTING:

You are allowed to send _____ texts per month. But, you are not allowed to text while _____

CALLS:

You are allowed to make _____ hours of calls per month. Please do not exceed this amount without prior approval (except in an emergency, of course!)

WEB BROWSING:

This phone has an Internet connection and location services.

You are allowed to: _____

APPS:

You are allowed to download \$_____ worth of apps a month and I would appreciate if you checked-in with me before purchasing them.

PHONE-FREE TIME:

I always want to be able to reach you but there are some occasions where I would like you to put your phone away like:

**IF YOU AGREE TO FOLLOW THESE RULES,
I PROMISE TO...**

NOT OVERREACT:

If you come across something that makes you feel uncomfortable, I want to know about it so I can help you. And I promise, if that situation ever comes up, I will not overreact.

LEARN NEW THINGS:

I want to know about the cool things you do on your smartphone so we can talk about them. I promise to try and learn new and different things about technology so we can try them out together.

BE RESPONSIBLE:

It is important that I set a good example when using my phone too. So, I promise to never text and drive, to learn more about my phone's features, and to take phone-free time with you.

Child sign here:

Parent sign here:



Family
Online Safety
Institute

GOOD DIGITAL PARENTING