



Phone Agreement

Ages 16 and Up

You run your own phone now. This is how we stay in each other's corner while you do.

I will (you)

- Keep my apps honest. No hidden apps or secret accounts.
- Not use my phone while driving. Ever.
- Know that sports betting and casino apps are 19+ in Ontario, and age checks aren't the only reason to stay off them.
- Watch for the things that get people my age in trouble: sharing images, meeting people from online alone, money apps I don't understand.
- Tell you if something goes sideways, even if I caused it. Especially then.

I will (parent or caregiver)

- Treat your phone as yours. No reading messages, no tracking, no surprise checks.
- Ask for a check-in scan a few times a year (about every _____), done together, where we look at the app list and nothing else. Plug in, scan, done.
- Ask you about anything flagged, once, and take your answer seriously.
- Be the person you call, not the person you hide things from. Whatever it is, we'll deal with it.

What We've Agreed fill in together

- Phone-free times: _____
- Apps or sites we've talked about: _____
- _____

If something goes wrong: The plan is you tell me, we figure it out, and we don't make it worse. That's the whole plan.

YOU

PARENT OR CAREGIVER

DATE