



Teen Phone Agreement

Ages 13 to 15

You're old enough to have a phone that's mostly yours. This is what mostly means.

I will (teen)

- Be honest about what's installed on my phone. No hidden apps, no secret second accounts.
- Keep my location and personal info off public profiles. Not accept message requests from people I don't know, and ask for help with unwanted contact.
- Respect other people's privacy, and ask before sharing their messages or images.
- Come to you if someone online asks me for photos of myself, for money, or to keep our conversation a secret from you. I promise not to do any of those things, and I won't be punished for telling you.
- Keep my phone out of my room at bedtime and overnight.
- Put the phone down when it's time: at _____ on school nights and whenever we're _____.

I will (parent or caregiver)

- Not read your messages. Your conversations are yours.
- Do a check-in scan every _____ with you sitting next to me. We'll plug the phone into Device Nanny and look at the list of apps together. I'm looking at what's installed, not what you said.
- Ask about anything that gets flagged instead of assuming the worst. You get to explain first.
- Respect your privacy. If I'm worried about your safety, I'll explain my concern and talk with you about what happens next.

Our Family Rules fill in together

- Social media accounts we've agreed on: _____
- Phone charges in the _____ overnight.
- _____

If something goes wrong: Telling me early is always better than me finding out later, and it will never cost you more than hiding it would.

TEEN

PARENT OR CAREGIVER

DATE