



Teen Phone Contract

What we agreed about the phone. Written together, reviewed together.

Teen's name _____

Start date _____

Review on _____

1. Phone hours

Phone off by

Back on at

School nights

Weekends

2. What I agree to

☐ I reply when a parent calls or texts, as soon as it's safe to.

☐ I don't post photos or videos of people without asking them first.

☐ No phone at family meals.

☐ If something online feels wrong, I tell a parent.

☐ At night my phone charges outside my bedroom.

☐

☐ I ask before downloading a new app or buying anything.

☐

3. What my parents agree to

☐ We explain a new rule before it starts.

☐ If you tell us something went wrong online, your phone stays with you.

☐ We put our phones away at family meals too.

☐

4. If a rule slips, we talk first

First time

Second time

After that

5. Earning more freedom

After this many weeks going well _____

We try this next _____

Teen signature _____

Parent signature _____

Date _____

Not a legal document. A shared agreement between people who trust each other.



Meet the Alpacto app → alpacto.com

