



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.

☐ No phone at family meals.

☐ At night my phone charges outside my bedroom.

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

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

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

☐ _____

☐ _____

3. What my parents agree to

☐ We explain a new rule before it starts.

☐ We put our phones away at family meals too.

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

☐ _____

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

