



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.



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