



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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