



PARENT-TEEN CONTRACT




on cell phone use



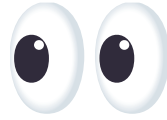
A smartphone is a great tech device and, if used properly, it can have tons of benefits. But when you use it too often, out of habit or at inappropriate times, your phone can have a negative impact on your digital balance and replace important activities such as face-to-face exchanges, family time, sleep, studies, sports, etc.

Having a phone therefore comes with responsibilities! This is why PAUSE encourages you to use this CONTRACT template with your parent so the rules are clear and everything goes smoothly. Read it carefully and don't hesitate to ask questions if you have any.

By accepting  this smartphone, you agree to:

1. give your parent the code or password to access your smartphone and apps.
2. allow your parent to look at your phone's content (texts, apps, videos) if they ask.
3. use your device according to your school's rules.
4. answer your calls and texts if they're from your parent.
5. avoid checking your phone when you're  talking to someone.
6. avoid texting while biking or walking,  especially when crossing the street. Obviously, also never look at your  phone while driving.
7. avoid writing things to or about someone that you wouldn't say in person or in front of their parent.
8. avoid searching for/looking at/sharing images that you wouldn't share with your family.
9. be responsible for the cost of your device's repair or replacement, or the costs for exceeding the plan your parent paid for.
10. _____
11. _____

And your parent agrees to:



1. respect your privacy when you make a call or text, except in specific situations where they are worried.
2. let you know when they decide to check the content of your device and to do it in front of you.
3. set a good example for balanced cell phone use and respect screen-free time determined as a family (for example, during meals).
4. call or text you with moderation, without trying to check up on you or control your activities.
5. choose a secret code () with you to include in your messages when it's really important you talk to each other.
6. pay your smartphone's monthly fees with a maximum data limit of .
7. _____
8. _____

BREACH OF AGREEMENT

Failure to comply with the clauses of the agreement by you or your parent will lead to the following consequences:



FORMALIZING THE AGREEMENT

You understand that your smartphone is not your property; it belongs to your parent and is loaned to you. Having this phone is a privilege, not a right.

By taking a selfie together, you and your parent confirm that you have carefully read this agreement and agree to the clauses.



Be careful online

The temptation to share or write certain forbidden things can be strong, for example, on social media. But it's important to remember that what you post online is forever and can be shared repeatedly. What you do online can have a significant impact on your life, another person's life, and that of your friends and family. Be smarter than your phone! Take the time to think before acting online.