

Presented by:



**KidBridge**

# SMARTPHONE CONTRACT

I, \_\_\_\_\_, understand that having a smartphone is a privilege, and that I must continue to earn this privilege with appropriate behavior. If I choose to accept this smartphone, I also choose to accept the following rules and responsibilities (check each one):

## Basic Phone Rules

- If I lose or damage my phone, it is **my responsibility** to replace or fix it.
- If Mom or Dad call me, **I will answer right away**. If for some reason I miss their call, I will call them back immediately.
- I will not answer** phone calls or texts from numbers that I do not recognize, or talk to strangers online.
- My parents will always **know my passwords**. I will not change my passwords without their permission.
- I will ask my parents before I **download any apps or games** onto my smartphone.

## Know My Priorities

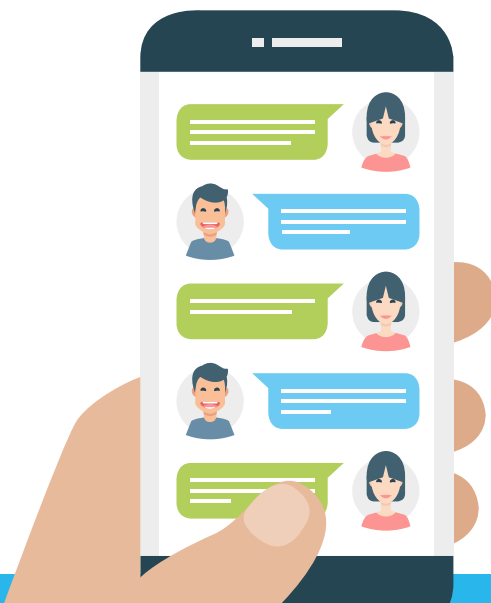
- I will give **human beings priority** over my phone. This means that it will be silenced or put away in public.

\_\_\_\_\_  
(Initials)

- I will allow my **smartphone to be scheduled** with KidBridge. At certain times of the day, my phone will be paused. All features will be disabled except for the phone function, which I will only use in case of an emergency.
- I will not allow my smartphone to distract me **during school** or from my studies. Conversations with my friends can happen in person.
- I will not play on my smartphone** while at the dinner table. If I break this rule, my parents will pause my device. If I break this rule \_\_ times, my phone will be taken away.
- I will not use my phone when I **should be sleeping**. Every school night at \_\_\_ pm, my smartphone will be paused. My phone will be unlocked at \_\_\_am the next morning. On weekends, my phone will be paused at \_\_\_pm and unlocked at \_\_\_am.
- I will not use my phone while driving. My parents can and will pause my phone when they know I'm driving to keep me from becoming a **distracted driver**. I will not get in the car with anyone who I know is a distracted driver.

## Digital Citizenship

- My phone is not a tool to tear others down, and I will not use it as such. My first priority is to be a **good friend**, and not gossip or start hurtful conversations.
- I will not hide behind my phone to bully or mistreat other people anonymously. I understand that **my words and actions have real world consequences** and can hurt people deeply, even if I can't see their reaction.
- I will tell my parents if I am **cyberbullied** or see a friend being cyberbullied.



---

(Initials)



## Social Media & Sharing

- I will not text or post anything online that I would not want my parents or family to see. What I share online will stay with me forever and **I don't want to ruin my reputation** by posting inappropriate photos or comments.
- Any **selfies** that I take will not be suggestive or vulgar, or contain anything inappropriate, such as references to illegal activities or anything that reveals personal details such as my address or phone number.
- I will **access the internet** only for things that I would share with my parents. That means no violent or other mature content.
- I understand social media and online games can sometimes **expose me to dangers** that I may not fully understand.
- I will not talk to anyone online or accept friend requests from anyone that I do not know **in real life**. I will not physically meet anyone that I have met through social media. I will tell my parents if I am contacted by a stranger or know that a friend has been contacted.
- I will not create **fake or alternate versions** of my social media profiles or email accounts.
- I understand that my parents have the right to set up **monitoring and control software** on my phone. I know that this is because they love me and want to protect me.

If my parents deem that my use of my smartphone is inappropriate, that I have crossed boundaries, or that I have not maintained my end of the bargain, I accept that my parents will revoke my privilege of having a smartphone.

Sincerely,

---

(My Signature)

---

(Mom/Dad's Signature)

---

(Date Signed)