

# Teenage Mobile Phone Responsibilities

---

- I understand having a phone is a privilege and a responsibility. I understand it can be a helpful device but also has the potential to be a hurtful weapon, a damaging gateway into evil and a massive distraction.
  - I understand this document is being used because I am deeply loved and that this level of intentionality is to help me grow in maturity, self-control and wisdom.
1. I am responsible for knowing where my phone is, for keeping it in good condition and charging it.
  2. I will not text/call/video call before 7am or after 8pm without parent permission.
  3. I will alert my parents if I receive suspicious/alarming texts/calls/invites/messages.
  4. I will not communicate with members of the opposite sex or adults (other than family members) without first letting my parents know.
  5. When communicating with adults, I will show respect by using appropriate manners and grammar. I will also reply to all messages from adults as soon as possible and always within 12 hours.
  6. I will not bring my mobile phone to the family dinner table.
  7. I will make sure my phone is turned on silent when I am in church/youth/school/restaurants/quiet settings. I will not sneak off from these places to be on my phone.
  8. I will obey any rules my school has regarding mobile phones.
  9. I will alert my parents if I am being harassed by someone in any way via my mobile phone.
  10. I will not use my mobile phone to bully/gossip or send anything unkind/inappropriate/rude. A good practice is to: A. Wait 10 seconds and re-read the message before sending it B. Ask myself whether I would say this to their face. C. Think 'would it be ok for my parents or their parents to read this?'
  11. I will only have my phone during designated 'tech' times at home, when leaving the house or with permission. All other times it will be on the charging station.
  12. I will not swap my phone with someone else, allow someone to use my phone or be a part of sending prank messages from someone else's phone.
  13. I will only be on group chats with my close friends and those related to C3 Youth. If I am added to any other group, I will discuss its appropriateness with a parent.
  14. I will never take/send/be in a video chat with embarrassing/rude photos/videos of myself or anyone else. I understand that once a photo/video is screen shot/posted/shared, it can be forwarded anywhere to anyone and can live on the internet forever. A good practice is to think: is this appropriate for the world to see?
  15. I will never take photos/videos of anyone without their permission. I will never send/upload/share photos/videos of anyone without their permission.
  16. I will not share people's contact details without their permission.
  17. I will not video call without asking permission from a parent. After that, I will first message the other person to ensure the timing is appropriate. I will also ask my friends to do the same.
  18. I will ask permission from my parents before joining any social media platform. My settings will always remain on 'private.'
  19. If I am on my device and a parent walks into the room, I will not close or hide what is on my screen.
  20. I will not alter the 'restrictions' settings set on my phone by my parents.
  21. I commit to allow a parent to check all contents of my phone at any time without warning.
  22. If I feel ready for some of these boundaries to be loosened, I will engage in a mature conversation with my parents.

23. I know by signing this contract I am committing to these conditions and in doing so recognise my phone may be confiscated if I do not follow them.

Signed \_\_\_\_\_

Date

Signed \_\_\_\_\_

Date