

PARENT-TEEN AGREEMENT

on cell phone use



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

Having a cell phone also comes with responsibilities. That's why **PAUSE** encourages you to use the following agreement to clearly define the rules of use as well as your respective commitments. The goal? To make sure everything goes well!

Teen's commitment



By accepting my cell phone, I agree to:

- ① Share my phone and app passwords with my parent and allow them to access my device (text messages, apps, videos).
- ② Answer my parents' calls and texts.
- ③ Use my phone according to my school's rules.
- ④ Avoid checking my phone when I'm talking to someone.
- ⑤ Avoid texting while biking or walking, especially when crossing the street. And, obviously, never look at my phone while driving.
- ⑥ Avoid writing things to or about someone that I wouldn't say in front of them or their parent.
- ⑦ Avoid looking at or sharing images and videos that I wouldn't share with my family.
- ⑧ Talk to someone I trust if I discover or read something disturbing or worrying.
- ⑨ Ask permission before taking and sharing photos or videos of someone.
- ⑩ Do my best to have a balanced use, manage my notifications (turn off the non-essential ones), and know when to put my device away (family meals, at night, etc.).
- ⑪ _____
- ⑫ _____



Parent's commitment

As a parent, I agree to:

- ① Respect my child's privacy when they call or text, unless there is a specific situation that concerns me.
- ② Let them know when I decide to check the content of their cell phone and to do it in front of them.
- 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 them in moderation, without trying to monitor them or control their activities.
- ⑤ Choose a secret code _____ with them to include in our messages when my teen really needs to talk.
- ⑥ _____
- ⑦ _____

BREACH OF AGREEMENT

Having a cell phone is a privilege, not a right. For this reason, failure to comply with the terms of the agreement will have the following consequences:

WE CONFIRM THAT WE HAVE READ THIS AGREEMENT AND ACCEPT ITS TERMS.

Sign or take a *selfie* to make it official!

REMINDER: Once online, always online

The temptation to share or write certain forbidden things can be strong, for example, on social media. It's important to remind your teen that what's posted online is forever and can be shared again and again, and that what they do online can have a major impact on their life, someone else's life, and that of their friends and family.

Valuable advice: Encourage your child to take time to think before doing anything online.