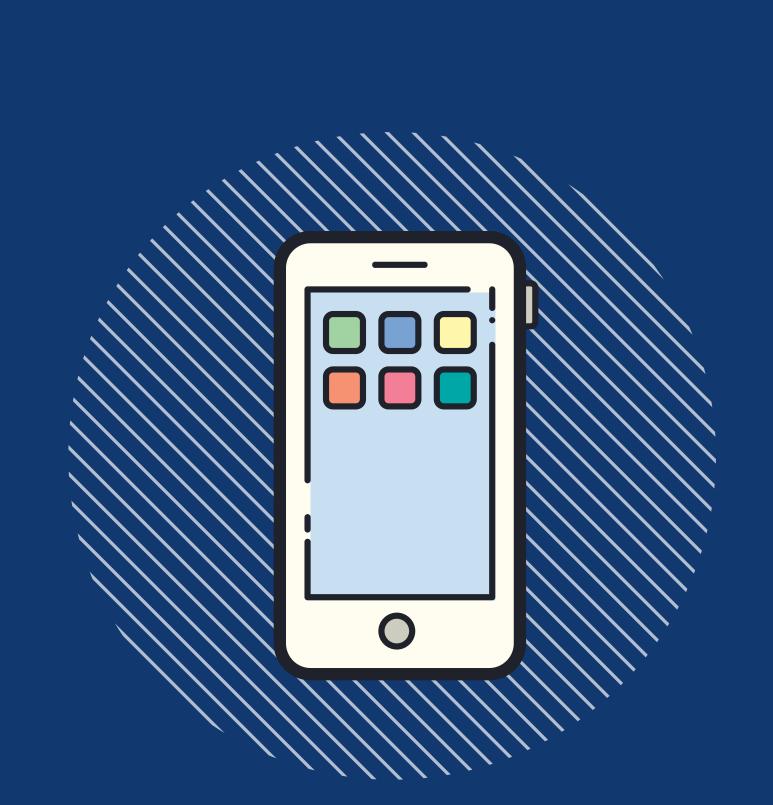
## **CELL PHONE USE AGREEMENT**





## DEAR PARENTS,

This agreement is designed to create a line of communication between you and your child concerning the use of his/her cell phone. The goal is to help your child become a responsible person, able to coexist with technology as opposed to being ruled by it.

This agreement is an excellent tool to teach your child the responsibilities and consequences associated with the use of a cell phone and its applications.

Be sure to review each element of the agreement while giving your child the opportunity to ask questions. It is important to review the agreement periodically because technology is constantly evolving and new challenges may arise. The aim of this document is to start an ongoing discussion with your child about his/her digital health habits.

You will probably find yourself in one of the following situations:

# YOUR CHILD ALREADY HAS A CELL PHONE AND YOU HAVEN'T PUT RULES IN PLACE YET

## OR

#### YOU PLAN TO GIVE YOUR CHILD A CELL PHONE

Whatever the situation, explain to your child that you are brining up the subject because you care about him/her and his/her safety and well-being.



### **DUTIES AND RESPONSIBILITIES**

You agree to provide me with your passwords so that, if necessary, I can ensure you are using your cell phone appropriately and safely. They will remain confidential in this document. I advise you to never share your passwords and to change them regularly. It is important to let us know if you decide to update them.



When you are in class, at school, you must put your cell phone away to prevent it from being a distraction. You may use it during breaks, if the school's code of conduct allows it. Inappropriate use of your cell phone may result in its confiscation.

Say nothing on the phone, by text or by email that you wouldn't say in person. You will be expected to demonstrate maturity and good judgment in your communications. Avoid letting your emotions get the best of you and don't write to anyone when you are angry. Take some time to think: after a message has been sent, it is difficult if not impossible to turn back the clock and make it disappear.

Be careful whom you have conversations with. Some ill-intentioned people may try to get you to share personal or banking information. Be on your guard and listen to your instincts.
Be sure you know the caller's identity. Tell us if you receive suspicious calls or messages from someone you don't know.



If someone wants to use or borrow your cell phone, be sure to watch them. A friend may want to make a call or send a message (for emergencies only). Don't let anyone use your apps or your profile on social networks. No one should communicate using your identity because you could be held responsible.



Never share intimate photos or content. Do not share photos of private parts – yours or anyone else's. This is a high-risk behaviour that could ruin your reputation as a teenager, a student and even an adult. It is always a bad idea. When this sort of content is shared, you involuntarily lose control. It is difficult to make something of this magnitude go away.



Never use your cell phone to lie or to deceive anyone. Avoid taking part in conversations that hurt others. Be a loyal friend who listens and is available, and stay away from other people's conflicts. Avoid creating conflict and taking part in hurtful behaviours that in any way amount to cyberbullying.

### **DUTIES AND RESPONSIBILITIES**

Be aware that the cell phone comes with a monthly plan with which you must comply to avoid additional costs. Avoid excesses and limit your use to get the most of it. Remember that you are responsible for your phone: if you drop or break it, you will have to contribute financially to any costs incurred.



Look up. Observe what's going on around you. When you move around, on foot, on your bike or in a vehicle, pay attention to what is around you. Don't let your cell phone be a distraction. This can be come a bad habit.



Be polite. When you are in public, set your phone to silent mode and put it away. Use your cell phone politely and respectfully and learn to live without always having it with you. When you are engaged in a conversation or with your loved ones, focus on the people who are with you. Don't hesitate to ask about the cell phone use rules of the location you are in so as to respect them.

Should you not respect these rules, I reserve the right to take your cell phone away from you. Any other adult in a position of authority over you has the same powers I have.

I reserve the right to check, at any time and with you, the content and use of your phone. Refusing to collaborate or answer my questions may result in the confiscation of your cell phone.

As a parent, if I confiscate your phone, I commit to sitting down with you to discuss and review our agreement.

By signing below, I agree to respect the principles of this agreement.



Don't forget that your cell phone is more than a form of technology. If it is misused, it can become a tool that puts your safety at risk. We want to ensure that you keep making wise choices.

NAME

NAME (Parent 1 )

SIGNATURE

SIGNATURE

NAME (Parent 2 )

SIGNATURE

# APPENDIX

DATE :

	ephone number assigne	ed to the cell phone:
Cell phone model :		
Point of sale :		
Serial number :		
Password - cell phone :		
Password - Facebook :		
Password - Instagram :		
Password - Snapchat :		
Other password :		
Other password :		
Plan details and cost :		
Data plan :		
Hours of use :	AM	РМ
	Weekend	