



## Respectful Non-Punitive Cellphone Contract for Family Health and Safety

**Date:** \_\_\_\_\_

### **CHILD**

- I agree to always ask you for help, explanation, advice and information regarding anything I can't handle myself on the cell-phone, Internet and computer/video gaming platform.
- I agree to abide by safety and health precautions as outlined between you and myself.
- I agree to never meet strangers in person without your knowledge.
- I agree to discuss and solve any problems that arise from meeting your needs and mine.

**Child's Signature** \_\_\_\_\_

### **PARENT**

- I agree to discuss and solve any problems that arise from meeting your needs and mine.
- I agree to never confiscate your cell-phone, TV, computer, tablet, music player or video game console, if we follow this contract agreement.
- I agree to abide by the same health and safety rules we have agreed as a family.

**Parent's Signature** \_\_\_\_\_

### **MUTUAL HEALTH AND SAFETY AGREEMENTS**

- Tech-free zones will be meal-times, church, socializing with relatives, and when visitors drop by.
- All electronics will be turned off 1 hour before bedtime.
- Everyone does 30 minutes of physical exercise every day.
- Giving attention to people takes precedence over attention to electronics.
- (Add more here that fits your family)
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**Date to Review Contract to Ensure Functioning for Child and Parent:** \_\_\_\_\_

**Child and Parent's Signatures** \_\_\_\_\_