



Model contract for rules concerning smartphone use:

I, as the son/daughter agree to the following ground rules:

- ◆ I do not have any fundamental right to have a smartphone. I know that bad behavior may result in a (temporary) confiscation of my smartphone.
- ◆ I do not write anything to any person that I would not say directly to his or her face.
- ◆ After 9pm, my phone remains in the "family box" and is not in use.
- ◆ My mobile phone is not in use during mealtimes.
- ◆ Charging my phone is my own responsibility.
- ◆ I have my data and telephone use under control and will not use more than the agreed upon ___ amount per month. OR: I ask for more credit if my monthly allowance has already been used up.
- ◆ I use my phone to contact my parents if I am coming home late.
- ◆ I am aware that a smartphone costs a lot of money. I handle my phone with care, knowing that I don't have an automatic right to obtain a new one if it gets broken or lost.
- ◆ If I receive strange messages or calls from unknown people, I will notify my parents immediately.
- ◆ I will not send or post photos that could be shameful or embarrassing for myself or for others.
- ◆ I observe the rules that my school sets regarding mobile phone use.
- ◆ I am considerate of others concerning the volume of my phone in public places. I shall not disturb people in public transportation venues and switch my phone off in libraries and cinemas.
- ◆ I will not download any apps without my parents' permission.

As a parent, I will observe the following rules:

- ◆ After 9pm, my phone remains in the "family box" and is not in use.
- ◆ My mobile phone is not in use during mealtimes.
- ◆ I take an interest in my children's online activities and am available if they want to talk.
- ◆ I will keep myself informed about the opportunities and risks of smartphones and certain apps, so I can support my children in using electronic devices responsibly.

We are aware that a breach of the rules stipulated in this contract will lead to consequences and/or stricter regulations, as agreed.

Place, date:

Child's signature:

Parent's signature: