

Parental Contract to Teens:

“I commit that I will...”

- Not look at pornography.
- Not be on the internet or the phone between these times.

Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____
Sat. _____ Sun. _____

- Participate in family activities.

Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____
Sat. _____ Sun. _____

Signature: _____ Date: _____

Teen Contract to Parents:

“I commit to that I will...”

- Not look at pornography
- Not accept, under any circumstance, gifts or rewards from someone online without your approval.
- Not accept follows or chat with strangers online without your permission.
- Not send nude or sexual photos via apps, text or gaming chats.
- Not ask others to send nude or sexual photos via apps, text or gaming chats.
- Allow my parent/guardian to monitor my online activity whenever they choose.
- Put my phone away or on the charging station these days and times.

Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____
Sat. _____ Sun. _____

- Not be on the internet or the phone between these times.

Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____
Sat. _____ Sun. _____

- Participate in family activities.

Mon. _____ Tues. _____ Wed. _____ Thurs. _____ Fri. _____



Sat. _____ Sun. _____

I understand that having access to my phone and the internet is a privilege and if I break this agreement, I will be responsible for the consequences.

Signature: _____ Date: _____