**Phone and Social Media Agreement**

**My Phone:**

1. Using a phone, like driving a car, is a privilege not a right. Treat this privilege with respect.

2. This phone is not yours. It belongs to us and we have the right take it anytime we feel the need.

3. This phone, like a car, can be fun and helpful; however, it can also hurt you if you crash and scar you for life.

4. Because of #2, this phone is not private we can read your texts at any time; Deleting your texts is considering breaking this agreement. We are not stalking you, we are just doing our job of equipping you to be a better “driver” online. You will have more privacy when you go to college but even then, remember, that nothing you do online is EVER private.

5. You must always put your phone away the first time I ask.

6. This phone is not to be taken upstairs unless given permission. This rule applies to your friends as well. You are required to enforce this rule with them.

7. Phones go in the charging basket in our room at night. This applies to your friends as well.

8. Do not try to get around our parental control settings. This is considered a break in trust.

**Social Media / Texting Rules**

1. I agree to keep my settings at “private” at all times. I will not delete DMs. The same rules apply as in text messages.

2. I agree not to post any pictures of body parts. I will only post pictures of myself or friends if they include our faces.

3. I agree not to post sexualized images. This includes kissing of any kind, grabbing body parts or making sexual gestures of any kind. There is nothing wrong with being silly, but the Internet is not a safe place to be immature in a sexual way.

4. Don’t send a text if you would not want that text, post or photo shown to a future coach, college teacher, boss or to everyone at the reception on your wedding day.

5. If you get caught in a mean text sequence, resist the urge to argue back via text, simply text: “Thank you for sharing” and put the phone down and walk away. This phrase tends to end conversations easily. Remember you are in control of this tool; Don’t let it control you.

6. If you wouldn’t post a photo, meme, gif on a highway billboard or show it to your parents/grandparents, do not post it on a Social Media site or send it to your friends.

7. Resist the urge to send or post photos of yourself sticking out your tongue, it’s stupid.

8. Do not post photos of our family unless you ask us. (unless it’s a family pet).

9. I agree to be respectful of myself and others in the words and images I use. This includes agreeing not to use social media to mock, tease, embarrass, gossip or reveal secrets.

10. I agree to immediately tell mom or dad if I ever receive any threatening or sexual messages or images on any social channel.

11. I agree not to view pornography or other sexual related or improper sites.

12. I will only allow people I personally know to follow me. I will only follow people I personally know. Any other sites or individuals (celebrities, athletes, etc..) will be approved by mom or dad.

13. I agree to acknowledge that everything I put online is permanently available, *even if* it can be immediately deleted or hidden. I understand that people who know technology well can access images and words that have been deleted *even if* the app tells you otherwise. I understand that even private messages can be copied and pasted somewhere else. I understand that when I am grown and an adult, someone can look my name up and find every single thing I’ve ever put online. This includes bosses, girlfriends, future family and friends, neighbors and co-workers.

14. I agree that when I am having family time, I will put away my devices, including my phone.

15. Anytime you need an excuse to get out of an uncomfortable situation, just say your mom or dad won’t let you do it and hit “send.”

16. If I do not follow these agreements, I understand that I will lose my social media privileges for as long as my parents feel it is necessary.

17. When you make a mistake (I promise, you will), come tell us and we will help you figure out the best way to handle it. We have plenty of experience making mistakes and know what it feels like. We love you more than any of your friends do and we will always have your back. We are on your team….and you are on ours!

18. Like all areas of my life, I will strive to honor God through my use of technology as well.