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| **Mobile Phone Safeguarding Agreement** | |
| Name of young person |  |
| Name of Foster Carer(s) |  |
| Date |  |

* I will not send threatening or mean texts to others.
* I will not text or make phone calls between 8 p.m. and 8am. (these times can be changed dependent on age)
* I will hand my phone to my foster carer at bedtime where it will then be charged and returned to me after I am ready for school in the morning.
* I will not bring my mobile phone to the family dinner table.
* I will not go over our plan's monthly minutes or text message limits. If I do, I understand that I may be responsible for paying any additional charges or that I may lose my mobile phone privileges.
* I understand that I am responsible for knowing where my phone is, and for keeping it in good condition.
* I understand that my mobile phone may be taken away if I am found to be using it inappropriately.
* I will obey the **rules of etiquette** regarding mobile phones in public places. I will make sure my phone is turned off or silenced when I am in lessons, church, in restaurants, or quiet settings.
* I will obey any rules my school has regarding mobile phones, such as turning them off during class, or keeping them on vibrate or not taking them into the school.
* I will alert my foster carer if I receive suspicious or alarming phone calls or text messages from people I don't know.
* I will also alert my carer if I am being harassed by someone via my mobile phone.
* I will not use my mobile phone to bully another.
* I will not contact any person that I do not know or make any ‘prank calls’ to anyone.
* I understand that having a mobile phone can be helpful in an emergency, but I know that I must still practice good judgment and make good choices that will keep me out of trouble or out of danger
* I will not send embarrassing photos of my family or friends to others. In addition, I will not use my phone's camera to take inappropriate or embarrassing photos of myself.
* I understand that having a mobile phone is a privilege and that if I fail to adhere to this contract, my mobile phone privilege may be revoked.
* If needed, I may help pay for the cost of the phone and/or for excess charges that I incur without permission from my foster carer.

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| **Mobile Phone Contract Parent Responsibilities** |

* I understand that I will make myself available to answer any questions my young person might have about owning a mobile phone and using it responsibly
* I will support my child when he or she alerts me to an alarming message or text message that he or she has received and advise my SSW.
* I will alert my child if our mobile phone plan changes and impacts the plan's minutes
* I will ensure that my young person does not have use of their phone during night time hours (as agreed above).
* I will ensure that this agreement along with the attached ‘rules of etiquette’ are regularly revisited with my young person.
* I will give my child \_\_\_\_\_\_\_ warning(s) before I take his or her mobile phone away

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| **Signed (Young Person)** |  |
| **Signed (Foster Carer)** |  |
| **Signed (SSW)** |  |
| **Signed Social Worker** |  |

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| Simple Rules for Text Messaging and Mobile Phone Etiquette |

1. **Quality time together is still important.** Texting shouldn't take the place of one-on-one interaction with your friends. To bond with your friends, you should spend time together.
2. **Text at the right time.** You shouldn’t text during class or other public places such as church, dinner, the cinema or out for a family activity unless it’s an emergency. You should also try not to text or call when spending time with a friend or family member unless it is very important, this can seem rude and make them feel unimportant to you.
3. **Think before you text.** Stop and think before texting a friend if you’ve had an argument or are angry with them, wait until you’ve calmed down enough to work things out in person or over the phone.
4. **It's all about context.** Text messages can be misunderstood because of a lack of context, meaning the person reading the text can’t see your facial expression or tone of voice so jokes and sarcastic comments may seem very unkind and negative.
5. **Be kind.** You should understand that you are responsible for what you text to other people, so try not to gossip about others or be unkind in general.
6. **Don't text and drive.** It may be a few more years before you are driving, but you should know now that you should never text and drive and neither should anyone who is driving you in their car.  
   It’s also not a good idea to text while concentrating on other activities like walking on the pavement, crossing the road, riding a bike, skateboarding or any situation in which you needs to be aware of what is going on around you.
7. **Texting is a privilege, not a right.** Texting is a privilege and poor behaviour can result in a loss of that privilege. If you have a mobile phone then you are responsible for using it properly.