



TECHNOLOGY
contracts

»»» → EXAMPLES FOR YOUR FAMILY ← «««





FAMILY GOALS AND DREAMS CONTRACT



I _____ WILL DO MY PART TO ACHIEVE MY DREAMS

- I will turn my school assignments in on time
- I will get grades of ___ and above on all tests, quizzes and assignments
- I will study for my test and quizzes and final exams
- I will ask for help when I'm not sure about a question or topic
- I will use resources such as computer, books, classmates, teachers, parents
- I will have teachers signatures every Monday, Wednesday and Friday if I want to go to _____ practice, these signatures will state that I have turned in all of my assignments and have a grade average of a __ or above

- 1 If I do these things I will become a better _____ which means I can pursue my goal of _____!
- 2 If I do these things I will become a better student
- 3 If I do these things I will have more options available to me
- 4 If I do these things I will have more respect
- 5 If I do these things I will have more self confidence
- 6 If I do these things I will have more freedom
- 7 I understand that mom and dad will do everything they can to help me

IF I DO NOT FOLLOW THE ABOVE STATEMENTS

- I will not drive which will delay my _____ hours and prevent me from getting my driver's license
 - I will not go to diving practice which will prevent me from becoming better at diving and keep me from doing something that I love
 - This will in turn prevent me from going to meets
 - Which will make it difficult to be seen by college scouts
 - Which will make it difficult to achieve my goal of a diving scholarship
 - This will prevent me from learning new dives
 - This will prevent me from pursuing synchronized diving and three meter diving
 - I will not learn to be a better coach for the middle school dive team
 - I will work hard after school and weekends doing jobs without pay
 - I will not have earned respect or have self respect
 - I will not have many options
 - I will not have much freedom
- 1 Also, I will repeat any classes that are below a ____
 - 2 Since IOC online classes have a cost I will pay for those classes that are repeated with extra work around the house
 - 3 I understand that I am making it difficult for mom and dad to help me



MY SIGNATURE: _____ DATE: _____



PARENT SIGNATURE: _____ DATE: _____



THE FAMILY CELL PHONE CONTRACT



I _____ know that having a cell phone to use is a privilege. I understand that my parents love me and want to keep me safe. My parents respect that I am becoming a young adult and want the privilege of having the use of a cell phone. With that in mind, I agree that:

- 1 I understand that my cell phone is owned by my parents and that they are under contractual obligations with ATT for the phone and that this contract is therefore required for me to have the privilege of using one of their phones.
- 2 My cell phone must be turned off by my bedtime and placed in an agreed upon location. It is my responsibility to be sure the cell phone is being charged when necessary.
- 3 During family meals, my cell phone will be turned off or silenced and in my pocket or placed away from the table. I will not check texts or take calls during meal time.
- 4 I will practice proper etiquette when using my cell phone in public places, and be conscious of how my usage affects those around me. I will make sure my phone is turned off or silenced when I am in church, restaurants, or other quiet settings, and I will not place or take texts or calls during those times.
- 5 I understand that having a cell phone is a means of communication, and is not a replacement for actual face to face interaction with my friends and family members. Therefore, when I am with others, I will make the people I am with my priority.
- 6 I understand that I am responsible for knowing where my cell phone is and for keeping it in good working condition.
- 7 I will obey all rules my school has regarding cell phones usage on school grounds.
- 8 I will not use my cell phone to take pictures or video of nudity, violence or other unlawful activity.
- 9 I will not use my cell phone for malicious purposes, i.e. bullying, spreading rumors/gossip, etc, nor will I send text messages that are vulgar, obscene, or sexual in nature. I understand that such messages are both highly inappropriate and potentially illegal.
- 10 I will alert my parents if I receive suspicious or alarming phone calls or text messages.
- 11 I will alert my parents if I am being harassed by someone via my cell phone.
- 12 I understand that my parents can go through the contents of my phone at any time, with or without my knowledge. I agree to surrender my cell phone immediately to my parents if asked. I will never delete my texting history or my phone call history without permission, and I will fully cooperate in showing my parents the contents of my cell phone, including contacts, pictures, videos, text messages, etc, stored within.
- 13 I will always respond to my mom or dad's texts/calls as soon as possible in the given situation.
- 14 I understand that my cell phone may be taken away for failing to complete school assignments or homework and for failing to maintain a sufficient grade point average, as defined by my parents.
- 15 I understand that my cell phone may be taken away for disrespectful or disobedient behavior, including (but not limited to) back talking, inappropriate sibling interactions (i.e. fighting, hitting, name calling, etc.), and failure to complete responsibilities at home when asked or required.
- 16 I understand that failure to follow and respect any of these rules can result in the loss of my cell phone for any length of time determined by my parents.



MY SIGNATURE: _____

DATE: _____



PARENT SIGNATURE: _____

DATE: _____