



# Phone Usage Agreement with Teenage child

Dear S/D: \_\_\_\_\_

As your parents, we love you deeply and trust you to make good decisions. This agreement is not about punishment, but about keeping you safe and guiding you to use your time wisely. In Islam, fulfilling agreements is important, and this one is based on mutual respect, love, and trust in you.

## 1. Phone Use Limits

- - Weekdays: 2 hours daily.
- - Weekends: 4 hours daily.
- -No Phone: During study time or Salah.

## 2. Study Time

- - Use the phone only for learning during study hours.
- - No games, social media, or distractions during study.
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## 3. Parental Checks

- - We will check your phone regularly, not because we don't trust you, but to keep you safe.
- - There will be consequences if you try to hide or avoid these checks.

## 4. Misuse Consequences

- -Low Grades: If your grades drop, the phone will be removed for the entire school year.
- - Overuse: Exceeding your time limits means weekend-only phone use for two weeks.
- -Inappropriate Content: Accessing inappropriate content will result in losing your phone for one month.
- -Avoiding Checks: If you prevent phone checks, the phone will be taken away for two weeks.
- -No Permission for School: You must not take your phone to school without permission.

## 5. Cyber Safety

- Phishing & Cybercrime: Never click on suspicious links or share personal details online.
- Cyberbullying: Don't engage in or respond to bullying.
- Respect Privacy: Never share others' private information or spread harmful content.

## 6. Islamic Values and Parental Love

- - Remember, these rules come from our love for you and our responsibility to guide you.
- - Allah has given us time as a trust (Amanah), and it's important to use it wisely.
- - Your education and Salah should always come first.
- - Be honest and always respect your parents, as this is an important part of our faith.
- -No haram game or music should be played on the phone.

Child's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

### *Quran Verse*

"O you who have believed, protect yourselves and your families from a Fire whose fuel is people and stones..."

(Surah At-Tahrim, 66:6)

### *Hadith*

The Prophet Muhammad (PBUH) said: Each of you is a shepherd and is responsible for his flock. The ruler is a shepherd and responsible for his subjects, the man is a shepherd of his family, and responsible for them, the woman is a shepherd in the house of her husband and responsible for her flock."

