

スマホ18のルール

2012年のクリスマス、13歳の息子グレゴリー君にiPhoneをプレゼントした母親が書いた使用契約書

1 これは私が買ったスマホです。あなたの毎月の通話料も私が支払います。あなたに貸しているものです。

2 パスワードは私には教えるようにしましょう。

3 スマホが鳴ったら出なさい。それは電話です。しっかりあいさつをして。画面に私やパパの文字が見えたら、絶対に出ること！

4 学校の日には夜7時30分、週末は夜9時になったら、すぐに両親に渡すこと。夜は電源を切って、朝7時30分に再び電源を入れます。他人の家の電話にかけられないと思う時間には、スマホでもメールも電話もしないこと。

5 学校には持っていかないこと。メールをしている相手と実際に会話をしなさい。それが生きていくために大事なことです。(校外学習や習い事などの時は相談してね)

6 壊したり無くしたりした時はあなたの責任です。交換費用や修理代を支払ってもらいます。これはいつか必ず起こることだから、しっかり準備しておくように。手伝いやプレゼントでお金を貯めておきましょう。

7 スマホの機能を使って、人にウソをついたり、バカにしたりしてはいけません。誰かを傷つけるような会話には誘われても参加しないこと。

8 直接相手に言えないことは、スマホでも言うてはいけないよ。メールにも書いてはいけないよ。

9 友達の親がいる前で言えないことは、メールでも書かないこと。書く前に自分でしっかり確認するように。

10 アダルトサイトは禁止です。インターネットでは私に話ができる情報を調べなさい。もし何か知りたいことがある場合は、私かパパに聞くようにしてね。

11 公共の場では電源を切り、音が出ないようにしておくこと。レストランや映画館、誰かの話中は特に気をつけて。あなたは礼儀正しい子です。

12 プライベートな部分の写真を、送ったり受け取ったりしてはいけません。それはとても危険なことで、これからのすべての人生を台無しにしかねません。広まった悪い評判を消すことはとても難しく難しいのです。

13 写真や動画を撮りすぎないこと。全てのを記録する必要はありません。経験を大事にして。あなたの経験は永遠に記憶に残るから。

14 たまには家にスマホを置いていきましょう。スマホがなくても安心できるようになりなさい。スマホがなくても大丈夫という強さを持ちなさい。

15 音楽を聴いて、視野を広げましょう。クラシックでも人気の曲でも。それができる環境にあるのですから。

16 たまには昔ながらのボードゲームやパズルなどで脳をきたえましょう。

17 何でも検索する前に、まずは自分で考えましょう。窓の外を眺め、鳥の声を聴き、散歩して、初めて会う人と話を大事にしてね。

18 約束を守れない時はスマホを取り上げます。そして、話し合っただけで約束を確認しましょう。あなただけの問題ではないのですから。

Gregory's iPhone Contract

Merry Christmas! You are now the proud owner of an iPhone.

Hot Damn! You are a good & responsible 13 year old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations.

Please read through the following contract.

I hope that you understand it is my job to raise you into a well rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it.

Failure to comply with the following list will result in termination of your iPhone ownership.

I love you madly & look forward to sharing several million text messages with you in the days to come.

1.It is my phone. I bought it. I pay for it. I am loaning it to you.Aren't I the greatest?

2.I will always know the password.

3.If it rings, answer it. It is a phone. Say hello, use your manners.

Do not ever ignore a phone call if the screen reads“Mom” or “Dad”. Not ever.

4.Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am.If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.

5.It does not go to school with you. Have a conversation with the people you text in person. It's a life skill. Half days, field trips and after school activities will require special consideration.

6.If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.

7.Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.

8.Do not text, email, or say anything through this device you would not say in person.

9.Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.

10.No porn. Search the web for information you would openly share with me. If you have a question about anything, ask a person ? preferably me or your father.

11.Turn it off, silence it, put it away in public. Especially in a restaurant, at the movies, or while speaking with another human being. You are not a rude person; do not allow the iPhone to change that.

12.Do not send or receive pictures of your private parts or anyone else's private parts. Don't laugh. Someday you will be tempted to do this despite your high intelligence.

It is risky and could ruin your teenage/college/adult life. It is always a bad idea. Cyberspace is vast and more powerful than you. And it is hard to make anything of this magnitude disappear — including a bad reputation.

13.Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.

14.Leave your phone home sometimes and feel safe and secure in that decision. It is not alive or an extension of you. Learn to live without it. Be bigger and more powerful than FOMO – fear of missing out.

15.Download music that is new or classic or different than the millions of your peers that listen to the same exact stuff. Your generation has access to music like never before in history. Take advantage of that gift. Expand your horizons.

16.Play a game with words or puzzles or brain teasers every now and then.

17.Keep your eyes up. See the world happening around you. Stare out a window. Listen to the birds. Take a walk. Talk to a stranger. Wonder without googling.

18.You will mess up. I will take away your phone. We will sit down and talk about it. We will start over again. You & I, we are always learning. I am on your team. We are in this together.

It is my hope that you can agree to these terms. Most of the lessons listed here do not just apply to the iPhone, but to life.

You are growing up in a fast and ever changing world.

It is exciting and enticing. Keep it simple every chance you get.

Trust your powerful mind and giant heart above any machine.

I love you. I hope you enjoy your awesome new iPhone.

Merry Christmas!

xoxoxo

Mom