

Your child's first phone:

A complete guide

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Getting your child their first phone is a big step towards independence. Make the decision with confidence and support, using this guide to navigate the tools and advice you'll need to prepare your child for this next step, together.

**In this guide,
you'll find:**

**What to consider before
giving your child a phone**

**A checklist to know if your
child is ready**

**Tips and tools to make
phones safer and more
age-appropriate**

**Conversation starters
to guide open, ongoing
discussions**



Making the choice

A phone can connect your child to you – and the world. But with this comes new responsibility. The key is finding the right time and the right approach.

Step 1: Talk about the good and bad sides of a phone

Think about whether your child is ready for both the freedom and the responsibility that come with a phone.

As a family, consider how you'll approach the cons and how you can prepare your child to encounter risks.

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|--------------------------|--------------------------|
| ✓ Independence | ✗ Distraction |
| ✓ Safety | ✗ Costs |
| ✓ Connection | ✗ Exposure to risks |
| ✓ Learning opportunities | ✗ Screen time challenges |

Step 2: Assess if your child is ready



Responsibility:

Do they take care of their things?



Privacy:

Do they know what's safe to share online?



Boundaries:

Can they handle peer pressure and negativity?



Self-control:

Can they follow screen time limits?



Digital skills:

Do they know how to block & report issues?



Teamwork:

Are they open to guidance and supervision?

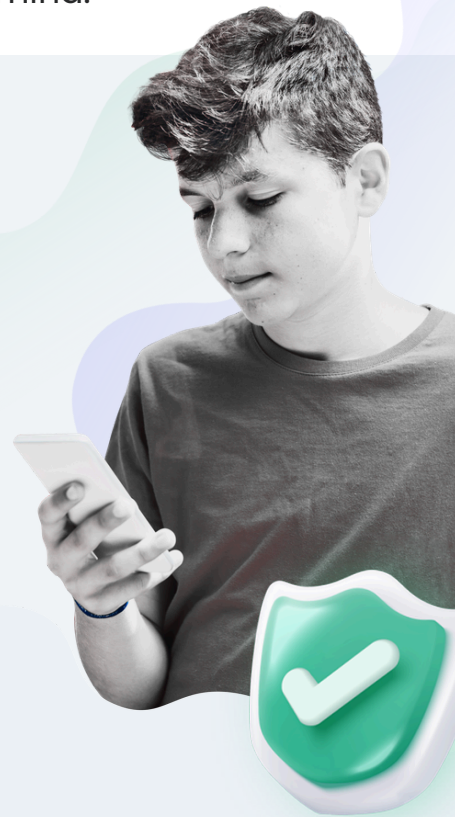


Setting up together

Once you've made a family decision, it's time to move on to setting up your child's first phone – keeping safety and boundaries top of mind.

Step 3: Make their first phone a success

-  Set clear rules for when and how phones can be used
-  Talk regularly about what your child does online
-  Create phone-free zones, like at meals and bedtime
-  Encourage balance between screen time and offline activities
-  Model healthy phone habits yourself
-  Stay involved and keep communication open
-  Set up parental controls to make the device age-appropriate: setting limits, blocking unsafe content, and guiding your child to healthier digital habits



Conversation starters to get your child thinking

“ Think about how you look after your belongings. Do you feel you're responsible enough to take care of a valuable item like a smartphone?

“ What are some rules or strategies we could implement as a family to make sure we all use our phones in a healthy, balanced way?

“ Think about a time when you had to focus on a task but were tempted to do something else that was more fun. How did you manage that situation?

“ Smartphones can be very distracting. How will you make sure you stay focused on important things like schoolwork or spending time with our family and friends?

“ How would you feel if your phone was lost or damaged, and what would you do about it?