

My Child is About to Receive his/her First Phone - Setting the Boundaries

Some practical tips to think of before your child gets a first phone (save arguments and nagging at a later date if the rules are set beforehand). Some of these will be relaxed as a child grows older and shows responsibility.

- Consider buying the phone and putting the plan in your name
- Consider the age your child receives their first phone – is there a specific purpose why they need it before 16?
- Phones must remain upstairs (or in parent’s bedroom) at night and on Sundays
- Phones may not be used at meal times
- Phones must be upstairs during homework time
- Consider a tech free evening per week to contribute to genuine family time: ex. Saturday evening (in order to make it authentic, parents must also live up to this standard)
- Parents need to have user names and passwords for devices and apps to allow periodic checks (children need to prove they are responsible)
- Phone plans do not need data (consider going into settings and disable internet)
- Accountability software and filtering will be installed and controlled by parents
- App downloads are locked down by parents (parents control what apps are able to be downloaded)