

# Mobile phone-ready checklist

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Check if your child is mobile phone-ready with this comprehensive checklist.

## Assess readiness

- Good judgement:** My child thinks carefully before acting and can follow rules well.
- Responsibility:** My child takes good care of their belongings and comes to me when they need help.

## Put safety first

- Parental controls:** I have set parental controls on their phone to manage app access and screen time.
- Home filters:** I have activated home broadband filters to provide basic protection on all connected devices at home.

## Set rules

- Usage expectations:** I have talked to my child about how I expect them to use their mobile phone.
- Digital family agreement:** As a family we have set rules on where and when devices should be used to set clear expectations for my child.

## Prioritise wellbeing

- Bedtime routine:** I have decided a time to shut down my child's device (at least 1 hour before bedtime).
- Charging stations:** I have designated an area outside of my child's bedroom to charge their phone overnight.

## Evaluate costs

- Setup and replacement costs:** I have considered the costs of setting up the device and the potential expenses for replacing it if it is lost or stolen.

- I have reviewed this checklist and believe my child is ready for a mobile phone. I will have regular check-ins to assess how their mobile phone use is impacting their wellbeing and will regularly review their safety settings.



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