

# 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.
- ☐ **Age appropriate:** If my child is under 11, I've considered an alternative to smartphones such as more basic devices.

## 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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