

Smartphones



Unlike the family landlines of yore, smartphones are really small computers offering kids 24/7 access to all things digital. iPads offer similar access, and both can distract already overwhelmed pre-teens and teens, tempting them to over use (addiction is real!) and make bad choices with texting, sexting, photo sharing, and posting inappropriately on social media.

At what age is it appropriate to give your child a mobile phone? What about a smart phone?

What kind of guidelines should we give our kids about use – time limits, internet use, etc?

Have you spoken to your child about issues around texting, sexting, posting, and sharing photos?

How pervasive is texting in your family – do you have limits on text usage, not just how much, but when and where (like a “not at the dinner table” policy)?

Do you allow the phone to stay on at night or have a shut-down time? If so, where is the cell phone stored each night?

Do you use or understand the parental controls offered by mobile carriers? Any tips?

What behaviors and values are we modeling regarding our own cell phone use?

Resources to share before or after the meeting

Common Sense Media www.commonsensemedia.org

Joani Geltman’s blog <http://joanigeltman.blogspot.com/>

Parents’ Guide to Teens and Cellphones <https://www.chla.org/blog/rn-remedies/parents-guide-teens-and-cell-phones>