



CELL PHONE TIPS FOR FIRST-TIMERS

The time has arrived to give your child his or her first cell phone.

If you feel nervous there's good reason. Consider these statistics:

- ▲ **Sexting** on average began in the fifth grade in a survey of 70,000 students.
- ▲ **Five out of 10 children** say they are addicted to their cell phones, according to a survey of 620 households.
- ▲ **Five out of 10 teens** say they check their devices while driving, according to the same household survey.

Mobile phones have a downside, but they can also help children connect with family and friends and access educational information. *Help your child adjust to being digitally connected with these safety guidelines:*

- ▲ **Write a contract** on the safe ways to use the cell phone. Spell out the rules for keeping it and the consequences for violations. Each of you sign it.
- ▲ **Require your child to share** his or her user names and passwords for all accounts.
- ▲ **Forbid your child** from meeting anyone he or she only met or know online.
- ▲ **Instruct your child to avoid cyberbullying**, which can be a crime.
- ▲ **Discuss why nude photos** should never be sent or received online, by text or in an app.
- ▲ **Emphasize the importance** of keeping login information personal. Your child should not share this with friends as these relationships can change.
- ▲ **Emphasize the need to avoid sharing** too much personal information online as strangers, criminals or bullies can use it.
- ▲ **Encourage your child to talk to you** when something happens in the digital world that makes him or her feel uncomfortable. It could be a photo, link, text, app or something else.
- ▲ **Expect your child to respect time limits** on cell phone use. Be clear when phones are off-limits, such as during meals or bedtime.
- ▲ **Emphasize that your child's phone** should not be shared to avoid improper use.

**A CELL PHONE CAN BE BENEFICIAL OR DANGEROUS.
HELP YOUR CHILD LEARN HOW TO USE HIS OR HER FIRST
PHONE IN A SAFE AND RESPONSIBLE MANNER.**