SMART PHONE READINESS

What's the right age?

People ask us this ALL the time. But we believe this isn't the right question. We prefer to ask: **"What digital decisions give my child the best chance at the most fulfilling childhood?"**

At PYE, we tell parents to wait until high school before giving their kids a smartphone because **their brains aren't ready**, developmentally, for such powerful and addictive technology. When considering digital decisions, it's often less about age and more about maturity, moderation, and responsibility. Which is why we encourage parents to wait until high school. **#delayistheway**

We understand the pressure of not giving your kid a phone. While they might be left out of certain things, remember, they will also be left out of harm and risk. Because once you give them a phone, they will most likely have a personal device for the rest of their lives - hardly anyone decides to live without tech once they have it. **This decision ends their phone-free life.** That's a big deal.

"Delay is the way" is not a NO tech strategy, it's a SLOW tech strategy. **Delaying and introducing** phones and social media as they mature, not all at once. We must respect their childhood and not let their development get hijacked by the same tech that often challenges us as adults. These are **fabulous, fragile, and fertile** times for your child. Protect it.

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What's the right age?

When they're ready, ease them in as you establish rules and guidelines about how to use their device responsibly and with moderation (Family Media Plan).

Consider products designed for kids to start with. Most of which only have text, talk, and GPS. Check out our expansive post, **Best Phones for Kids: The Ultimate Guide**, to learn more.

We hope this helped you and your family! If you still aren't sure if your kid is ready, take our **Smartphone Readiness Quiz** on the next page.

Parenting with you!



PROTECT young eyes

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10 Questions to Determine Readiness

		YES	NO
1.	Would you want your child to use a **smart phone** the same way you do?	☐	☐
2.	Have you made a **Family Media Plan**? Do you plan to be active in your kids' media use?	☐	☐
3.	Does your child understand that they are creating a **digital footprint** that could affect their future?	☐	☐
4.	How is your child's **impulse control**? Can they put a device down after getting frustrated or make wise decisions when pressured to spend money on apps?	☐	☐
5.	Does your kid reflect **responsibility**? Do they tell you the truth, or do they lie rather often?	☐	☐
6.	Does your family have a **history** of depression or anxiety? If so, have you talked to your teen about **mental health**?	☐	☐
7.	Does your teen talk to you **about their problems** with friends, school, and other areas of life?	☐	☐
8.	Have you talked to your teen about the impact of pornography on the brain, relationships, sex, and self? (see: My Kid Has Seen Porn, Now What?)	☐	☐
9.	Does your teen know what to do if a **stranger messages them**? (put it down - and tell you!)	☐	☐
10.	Above all else, do they know beyond a shadow of a doubt that **they can come and talk to you about anything** they might experience online?	☐	☐

If you answered "NO" to any of these questions, your home might have areas of potential digital risk. We can help. Visit: protectyoungeyes.com