



First Phone Readiness Checklist

For parents and caregivers · Use before handing over a first phone, tablet, or smartwatch

1. Is my child ready?

There's no perfect age. If you check most of these, your child is likely ready for a phone with limits.

- ☐ Follows family rules about time and devices without constant reminders
- ☐ Tells me when something online makes them uncomfortable
- ☐ Understands that what's posted or sent can be saved and shared
- ☐ Knows not to share their address, school, or location with people online
- ☐ Can explain why they need a phone (safety, school, staying in touch)
- ☐ Agrees I can check settings and apps, and knows I'll respect their privacy as they earn trust

Not quite ready? A basic phone or a watch with calling only, plus clear rules, is a good first step.

2. Set up the device together (before it's handed over)

- ☐ Use your child's real birthday on every account. Teen protections turn on by age.
- ☐ Turn on parental controls: iPhone: Settings → Screen Time (Content & Privacy Restrictions, Communication Limits). Android: Google Family Link.
- ☐ Require approval for new apps and purchases: Ask to Buy (Apple) or Family Link approvals (Android).
- ☐ Turn on safe search: Google SafeSearch filter on; YouTube Kids or a supervised YouTube account.
- ☐ Set a screen-time schedule: downtime overnight and during school.
- ☐ Set a passcode that you also know.
- ☐ Turn on Find My / Find My Device so a lost phone can be located.

3. Lock down privacy

- ☐ Location sharing: family only. Turn off location in social apps (Snap Map Ghost Mode, for example).
- ☐ Camera, microphone, contacts, and photos: allow only for apps that truly need them.
- ☐ Social and game accounts set to private; messages limited to known friends.
- ☐ Link parent tools: Instagram supervision, TikTok Family Pairing, Snapchat Family Center, Discord Family Center.
- ☐ AI chat features: decide together, and turn off where the app allows.
- ☐ Pick a family code word for emergencies and voice-clone scams.

Step-by-step app settings: officerquackers.com/app-guide.html





Our Family Phone Agreement

Fill in together, sign, and keep it where everyone can see it. Review every few months.

Screen time

School days	Up to _____ hours	Phone off by _____ p.m.
Weekends	Up to _____ hours	Phone off by _____ p.m.
Overnight	Phone charges in: _____	Not in the bedroom
No phones during	☐ meals ☐ homework ☐ driving ☐ _____	

I agree to

- Keep my full name, address, school, and location private online.
- Ask before downloading apps, joining new games, or buying anything.
- Only chat with people I know in real life.
- Never send photos to people I only know online, and never share photos of others without asking.
- Never share passwords or sign-in codes, except with my parents.
- Tell a grown-up if something online makes me scared, sad, pressured, or confused, even if I made a mistake.

My grown-ups agree to

- Stay calm and help when I tell them something, and not take my phone away just for telling.
- Explain our rules and review them with me as I get older.
- Follow the same phone-free times we agreed on.

Emergency contacts (save these in the phone too)

Emergency	911
Parent / guardian	_____ (____) ____-____
Second trusted adult	_____ (____) ____-____
Local police non-emergency	(____) ____-____ Lake County, MT dispatch: (406) 883-7301
Crisis support	Call or text 988 · Text HOME to 741741
Online exploitation	NCMEC CyberTipline: report.cybertip.org · 1-800-843-5678
Our family code word	Write it on a separate paper; don't post it anywhere

Child: _____

Date: _____

Parent / guardian: _____

Date: _____

