

Activity – Let's talk!

A cellphone allows us to stay connected at all times. When giving a phone to your child, it's important to think about how you would like them to use it.

To complete with your child: Take turns rolling the die and answering the questions. As a parent, be sure to listen with openness and empathy. Ideally, try to answer all the questions together.

	1	2	3	4	5	6
1	Why did you want a cellphone?	What do you mainly use your cellphone for?	Which apps would you like to install?	Which apps are truly essential?	How much time on your phone each day seems reasonable to you?	When do you use your phone during the day?
2	What times should be phone-free?	Where should your phone stay at night?	What time should Do Not Disturb mode turn on?	When should the family's Wi-Fi be turned off?	What should the time limit be for each app?	What strategies do you use to manage your screen time?
3	How can you avoid distractions caused by notifications?	What activities do you prefer to do without a screen?	Where should you leave your phone while doing homework?	Who should have access to your phone number?	Who would you share your location with?	Do you think you should talk to an adult before creating an account?
4	Are your social media accounts private?	What information should always remain private?	What should you do if a stranger contacts you online?	How do you decide whom to add on social media?	What should you do if you receive a text message from a stranger?	Do you know how to block a suspicious phone number?
5	What should you do if your phone goes missing?	Who pays if your phone gets damaged?	What is a reasonable response time for messages?	What should you do if you see content that makes you uncomfortable?	What should you do if someone is mean to you online?	Before posting a photo, should you always ask for permission?
6	Is it okay to take photos of strangers?	What rules should you follow before sharing photos of your friends?	Which notifications can be turned off?	When does a phone become a distraction?	What rules will help protect the whole family?	Which rule do you think is the most important?