



Is My Child Ready for a Smartphone

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10 Questions to Guide Parents

1. **Does your child need a phone to stay connected** with you or for emergency situations? If your child had a true emergency, wouldn't there be an adult or teen nearby with a phone who could help? Would a basic phone (like [Gabb](#)) work just as well?
2. **Does your child already respect your rules** when it comes to time and usage limits for other activities like video games and digital entertainment? If your child doesn't adhere to your current rules, are they really ready for more responsibility?
3. **Have you talked with your child about the dangers of pornography?** The best-selling book [Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids](#) is an easy way parents can educate kids without scaring them. It will get them excited to install their own *internal filter*.
4. **Does your child know what types of information are safe to share online?**
5. **Do you have a filter** ([Canopy](#)) and accountability ([Bark](#)) app to protect devices in your home?
6. **Do you have a rule for managing which apps can be downloaded?** Do you understand that *most apps lead to the internet* and inappropriate content cannot yet be blocked from apps?
7. **Have you considered both the benefits and the drawbacks of social media?** Do you have a plan for mentoring your child in using social media and helping them to avoid the dangers and mental health impacts?
8. **Does your child understand the long term implications of sexting** or re-sending nude photos? Do you know that kids generally share nudes through apps that can't be filtered?
9. **Have you developed a list of rules** with your kids that covers calling, messaging, downloading apps, taking and sharing photos, posting to social media, GPS location settings, and when the phone needs to be OFF?
10. **Does your child get to "own" the device or simply have access to it?** There is a different psychology behind owning a device and having access to one. If it's your device, they get to use it as long as they follow *your* rules.

Deliberate parenting in the digital age means giving kids responsibility one step at a time, as they are ready and mature enough. It means mentoring your kids with your eyes wide open to the issues and dangers they will face. And it means that even if your efforts are not perfect, they are important for the safety of your kids!



Family Guide to Using Mobile Devices

Create a plan to develop healthy tech habits

Mealtime. Do we want phones to be used when eating together at home or at restaurants?

Being present. Do we allow face-to-face conversations with people to be interrupted by a phone call or text?

Time limits. How much screen time should we spend on devices each day?

Bedtime. Where are devices re-charged at night?

Asking permission. Do I need to ask before I download apps or games?

House rules. When friends come over, what rules apply to their devices?

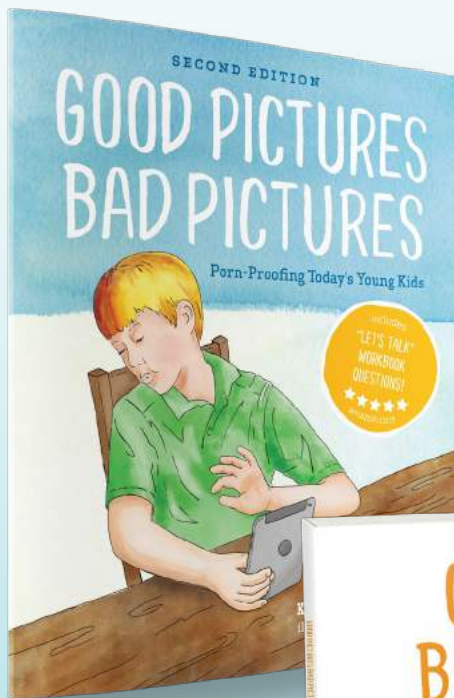
Family visits. When we visit friends or family, when can we use our devices?

Courtesy. When we are in public, what are the rules for using our devices?

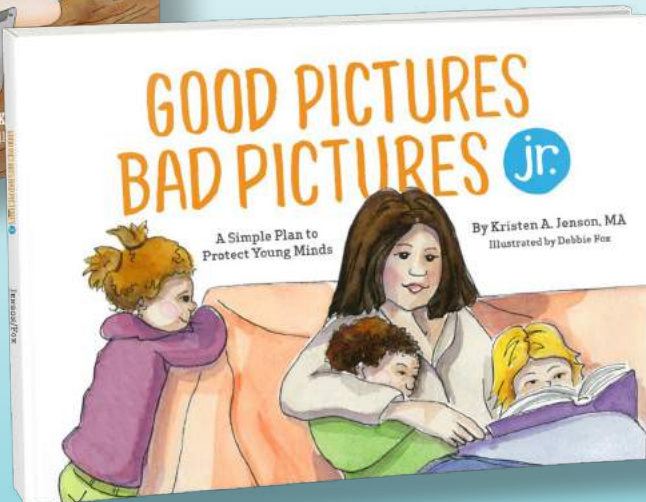


protecting our most vulnerable

POWERFUL TOOLS TO RAISE PORN-PROOF KIDS



#1
**BEST
SELLERS**



As a psychologist and a mother of four, I can't recommend this book highly enough.

Pornography is a fast-track to depression, anxiety, and unhealthy relationships between males and females. Parents need to understand that their kids are being exposed to porn at a younger age than they realize... your kids will rarely tell you what they saw. We need to GET AHEAD OF THE CURVE by reading this book to them and discussing what they need to do if they stumble across porn.

MARY, AMAZON REVIEW
OF GOOD PICTURES BAD
PICTURES: PORN-PROOFING
TODAY'S YOUNG KIDS

Find out more at
defendyoungminds.com/books
or on Amazon





brain defense
DIGITAL SAFETY



Teach kids refusal skills for digital dangers.

Arm your children with an engaging, video-based course to keep them safe from cyber-bullying, pornography and internet addiction. Brain Defense teaches kids, ages 8-12, healthy technology habits to protect their growing minds. Available for families, schools and community groups.



Learn more at BrainDefense.org

BRAIN DEFENSE TEACHES KIDS:

- Screen time management skills
- The importance of choosing good media
- How to form positive tech habits
- Refusal skills for rejecting pornography
- Strategies for dealing with cyber-bullying
- How to be a kind, honest digital citizen
- And much more, all taught by peer role models called the Brain Gang!

“I love-love-LOVE that you are bravely bringing this information to students.”
Parent of 4th grader

“Both students and parents thanked me for presenting such helpful internet use guidelines.”
Elizabeth Fresse, teacher

