

Smartphone Readiness Checklist

Use this checklist to help decide if you and your teen are ready to manage the risks and responsibilities.



Parent or Guardian

Am I Ready?

- Can I have calm conversations with my teen about their tech use?
- Am I comfortable having ongoing conversations with my teen about online dangers such as cyberbullying, predators, sexting, and phishing?
- Do I know how to use parental controls and safety settings on my teen's phone?
- Am I willing to set limits on screen time – either on my own or in conversation with my teen – and enforce them?
- Has my teen developed a healthy foundation of screen-free activities to purposely devote their time to?
- Is my teen responsible with their belongings?



Teen

Am I Ready?

- Can I have calm conversations with my parent or guardian about my tech use and who I interact with online?
- Do I understand that my parent or guardian will monitor my phone use to keep me safe?
- Am I willing to talk to a trusted adult if something online feels off or makes me uncomfortable?
- Do I have hobbies or things I like to do that don't require screens?
- Do I complete my homework and household chores on time?
- Do I feel comfortable communicating with others in-person?