

Set Clear Boundaries

- Establish rules for phone use, such as no phones during meals, homework, or family time.
- Agree on a phone curfew – set times when phones should be off or out of the bedroom.

Teach Respectful Online Behavior

- Discuss the importance of treating others kindly in texts, chats, and social media.
- Encourage your teen to think before they post – words and images can have lasting effects.

Monitor Screen Time

- Use parental controls or screen time management apps to set daily limits.
- Help your teen balance phone use with offline activities like exercise and hobbies.

Talk About Privacy

- Remind your teen not to share personal information like location, passwords, or photos with strangers.
- Discuss the risks of location tracking and apps that share their whereabouts.

Social Media Safety

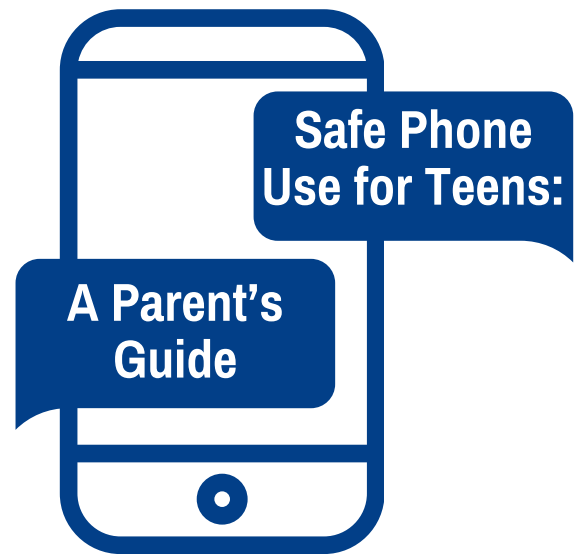
- Make sure your teen's accounts are set to private and review their followers regularly.
- Explain the dangers of cyberbullying and how to report inappropriate behavior.

Teach Critical Thinking

- Encourage your teen to question what they see online – not everything is true or safe.
- Help them recognize online scams, phishing attempts, and inappropriate content.

Be a Role Model

- Model good phone habits – limit your own screen time and practice what you preach.
- Keep an open dialogue – make sure your teen feels comfortable coming to you with any concerns.



Additional resources, tools, and checklists:

- App Review for Age-Appropriateness: commonsensemedia.org/app-reviews
- Parent's Guides to Social Media: fosi.org/good-digital-parenting-resource/social-media-guide
- Guides for Talking with you Children about Social Media: parents.thorn.org/guides/start-talking-about-social-media-platforms/
- Guides for Talking with your Children about Screen Time: parents.thorn.org/guides/screen-time-online-monitoring/
- Center for the Prevention of Child Maltreatment Resources: sdcpcm.com/news/end-online-child-abuse/
- Quick Discussion Points for Parents and Children: dhs.gov/know2protect/take-action
- Verizon Wireless Smart Family Resource: verizon.com/solutions-and-services/add-ons/safety/verizon-smart-family/