



Is Your Child Ready for Their First Smartphone?

Consider This Before Giving Them a Smartphone:

- Assess if your child needs a smartphone, and whether your child is ready to handle one
- Take steps and prepare before you hand over the smartphone



2 Key Checklists to Help You Decide

Does My Child Need a Smartphone?



✓ Safety and Connectivity:

A smartphone ensures your child is contactable, giving you peace of mind.

✓ Schoolwork:

Your child might need a smartphone for school-related activities. You may let them use your phone only for this purpose.



Is My Child Ready to Handle a Smartphone?



✓ Sense of Responsibility:

Assess your child's level of responsibility. If they often misplace their homework, schoolbag, or allowance, they might not be able to take care of a smartphone.

✓ Obedience:

If your child finds it difficult to obey simple rules, they might not be ready for the more complicated rules of smartphone use.

✓ Peer Pressure:

It's important that your child can handle peer pressure and say no to unwise choices like sexting or cyberbullying. Wanting a smartphone just to fit in is understandable but it shouldn't be the sole reason for getting one.



Research shows that delaying the provision of a smartphone will give your child time to develop better self-regulation skills and other social-emotional skills.

While smartphones can help your child stay connected with friends and family, it's important to consider whether they truly need one and if they're ready for it.

My Child is Ready!

Here's what to do before you hand over the smartphone:

2

Activate Parental Controls

Set **parental controls** and explain that their purpose is to ensure your child's safety, not to intrude on privacy. Involve your child in the setup process, which can help them feel more in control.



3

Lead by Example

Be a role model for responsible smartphone use by limiting your own screen time. Go tech-free during mealtimes to connect with your child daily.

4

Keep Communications Open

Talk to your child about their smartphone experiences and interactions. This ongoing dialogue helps you guide them on online safety and address any concerns or misconceptions.



If you are ready to give your child a smartphone, start the conversation early before you hand them the device. Make it clear that you value open communication and let them know they can always come to you with their questions and concerns.



Visit www.digitalforlife.gov.sg for simple tips and tools to keep your child safe online.

