

1 RESPONSIBILITY FOR THEIR THINGS

Why? Because cell phones are expensive, parents need to know that kids can take care of high priced items before they invest in them.

What this looks like:
Keeping track, putting away, and taking good care of things.

2 RESPONSIBILITY IN SCHOOL

Why? Because cell phones are a distraction, parents need to see a good track record of kids staying on task in school and personally being engaged in learning before they introduce something that distracts from it.

What this looks like:
*Turning in assignments, studying for tests, asking for help when needed, and **READING** for leisure.*

3 GOOD TIME MANAGEMENT SKILLS

Why? Because cell phones make it easy for hours to fly by without even noticing, parents need to see that kids can prioritize their life in a way that allows the most important things to be accomplished first.

What this looks like:
Minimal procrastination, showing up reliably and on time, waking up independently, and getting crucial things done before fun.

4 IMPULSE CONTROL

Why? Because in order to do phones well, kids must be able to think before they text or send something. Parents need to know that they can trust their kids to be thoughtful about their online life. Kids who don't have this control end up in a lot of difficult situations.

What this looks like:
Controlling anger, talking nicely to family and friends, thinking before speaking or acting, and taking responsibility for mistakes.

8 THINGS TEENS NEED TO DO BEFORE GETTING A CELL PHONE

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5 ENGAGEMENT IN LIFE

Why? Because cell phones are powerful and can often influence people to live mostly online, parents need to see kids with a strong connection to the real world because too much virtual living leads to disconnection and depression.

What this looks like:
Participating with the family, getting together with friends, involvement in extracurriculars, interest in ideas or clubs, and screen time already in check.

6 PHYSICAL ACTIVITY

Why? Because cell phones make most people sedentary, parents need to know their kids have healthy habits. Moving the body helps with physical and mental health!

What this looks like:
Exercise, getting outside, playing a sport, walking or riding a bike, and doing active things with friends.

7 GOOD COMMUNICATION SKILLS

Why? Because cell phones can both complicate and decrease communication, parents need to see that kids can communicate clearly and confidently with peers and adults.

What this looks like:
Participating in conversations, sharing thoughts and feelings, asking for things politely, and being a good friend.

8 PARENT CONNECTION

Why? Because cell phones and screen time often become a point of contention between parents and kids, parents want to start from a good place so phones don't get in the way of family relationships.

What this looks like:
Open conversations, respect both ways, trust, gratitude, and having fun together.