



## ‘Should I give my child a mobile phone?’

“Should my child have a mobile phone?” can be a difficult question for most parents. Your child has grown up around technology at home and at school. The benefits of being able to contact your child at the touch of a button is good thing. However, having a mobile phone can also leave your child vulnerable to risks such as cyber bullying, inappropriate material, and adverse emotional discourses.

Parents main concern in giving their children a mobile phone is that they may inadvertently be exposing their child to harmful content! But at the same time, need to be in contact with them.

All your concerns and worries are valid, so here are some tips to help you decide when to give your child a mobile phone.

1. Giving your child a phone does not just depend on age but your child maturity. Some things that will help you decide this are. Their ability to read social cues, their ability to control their impulses, their vulnerability to criticism or rejection or they already spend too much screentime on other devices when playing video games.
2. Your child's initial access to a mobile phone should always first come with a lot of discussions. Such as what is acceptable and unacceptable behaviour when using their phones.
3. The ground rules for the device should be discussed and agreed with your child. Realistic sanctions should be discussed with your child if they break the ground rules.
4. When you do give your child a phone, supervise their exposure on their devise and open APPs together.
5. Always use parental locks on your child's phone so they are not expose to inappropriate contents.
6. Discuss what sharing inappropriate content is! Tell them if they DO NOT feel comfortable sharing something then the answer is 'DON'T'.
7. Selfies can be fun but can also have damaging affects on children self esteem. Increasing recognition by praising your child's achievements and positive characteristics will continue to support their high self esteem.
8. Ask your child who are they defining as a friend online and what will they share with that friend.



For Further information

<https://youtu.be/coaDQ0Qg9Ho>

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