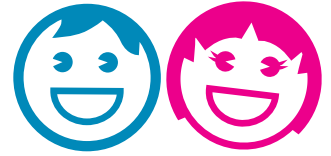


# Am I ready for a smartphone ?



- |   |                              |                             |                                    |
|---|------------------------------|-----------------------------|------------------------------------|
| 1. Do I complete my homework without being asked?                     | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 2. Do I wake up early for school?                                     | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 3. Do I get enough sleep at night?                                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 4. Do I do my chores without being told?                              | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 5. Do I spend enough time exercising or playing outside?              | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 6. Do I understand the meaning of being kind online?                  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 7. Can I speak to my parents openly about any issues I have?          | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 8. Am I ok with my parents knowing my password?                       | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 9. Am I ok with my parents monitoring my online activities?           | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 10. Do I have strong sense of self-control and emotions?              | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 11. Am I going to use the internet for safe and educational purposes? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |
| 12. Does my parents feel that I am mature enough for a smartphone?    | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Sometimes |

The goal is to get as many "Yes" as possible. It does not need to be 100% perfect. You can work on improving some areas with your child. Try to understand why your child needs a smartphone and assess if they are ready for it.

Fill in the parents' smartphone checklist to know if you have discussed some online safety matters before handing a phone over to your child.

Use this as guidance but do not rely on this alone to decide if your child is ready for a smartphone. You know your child better than anyone else and will understand the needs of your child.

