

MY FIRST PHONE

READINESS CHECK

Before giving your child access to a mobile phone, it's essential to ensure they are ready. Use the following Cyber Safety Project's digital citizenship values and questions to consider if your child is ready to independently manage their own mobile phone, tablet or laptop.



RESPONSIBILITY



INTEGRITY



STRENGTH



EMPATHY

RESPONSIBILITY

- Entering the Digital World:** Does your child understand that as a digital citizen, they are responsible for their choices and behaviours online?
- Sharing of Personal/Private Information:** Does your child know what their personal information is (address, school, phone number), and that it is unsafe to share online without checking with you first?
- Basic Device Navigation:** Can your child navigate a smartphone, including getting into the settings to make changes that best align with safe practices (such as turning of location, notifications, private accounts)?



INTEGRITY



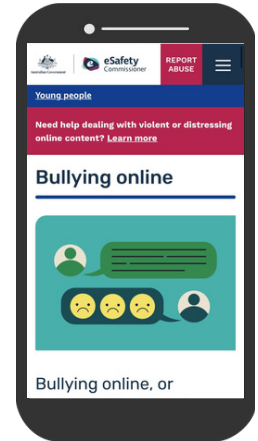
- Finding a Healthy Balance:** Have you created a tech agreement outlining screen time limits, agreed family protocols/norms, safe and appropriate use?
- Digital Brand/Footprint:** Does your child understand that posting online can be permanent and the importance of acting in a way that best reflects who they are as a person in both offline and online spaces.
- Honesty and Transparency:** Does your child understand the importance of being honest about their online activities and the need to inform you if they make a mistake or encounter inappropriate content?

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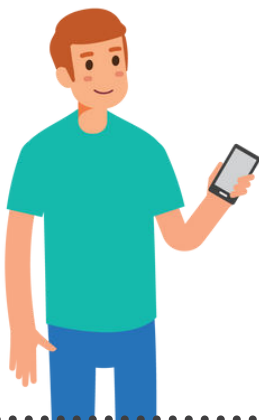
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- Help-seeking:** Does your child know how to report online harms and abuse via apps, games and the use of the Office of the eSafety Commissioner at (esafety.gov.au)?
- Knows What to Do if Something Feels Wrong:** Have you discussed how to handle situations like receiving inappropriate messages, talking to strangers, or encountering harmful content?
- Open Communication:** Have you established safe, open lines of communication that encourages you child to come with you with questions or concerns around their mobile use?



EMPATHY



- Polite & Respectful Online Interactions:** Can they communicate respectfully with others, both in-person and online?
- Awareness of Cyberbullying:** Does your child understand what cyberbullying is and know how to respond if they or someone else experiences it?
- Ongoing Check-ins:** Is your child prepared to have regular check-ins about their phone use, apps, and social media activity?

FINAL DECISION: ARE THEY READY?

If you've checked most of these boxes and feel confident your child understands the responsibilities, they might be ready for their first mobile phone. Remember, giving a child a mobile isn't just about handing over a device—it's about building digital skills, trust, and ongoing guidance.

Ready to learn more? Access Cyber Safety Project digital skills Family Workshop via:

www.cybersafetyproject.com.au/families