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# SMARTPHONE MONITORING

Did you know teens are more likely to moderate their behavior online if they know they are being monitored?



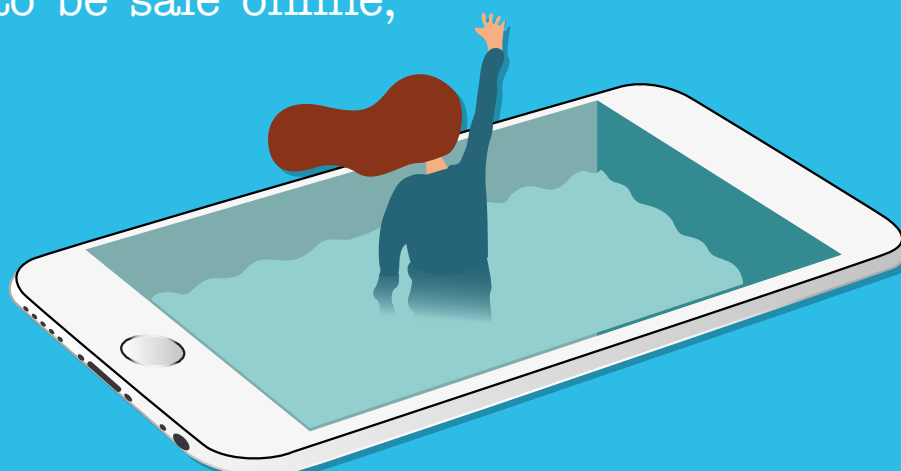
It's essential for parents to discuss smartphone monitoring with their child before they hand over any device.

But how do you talk to a child who is set on keeping you out of their digital lives?

## 1 DISCUSS DIGITAL SAFETY

Kids may have heard of online predators and cyberbullies, but that doesn't mean they know the extent of the danger. Talk to them about why it's important to be safe online, especially when it comes to...

-  Sexting
-  Cyberbullying
-  Talking to Strangers



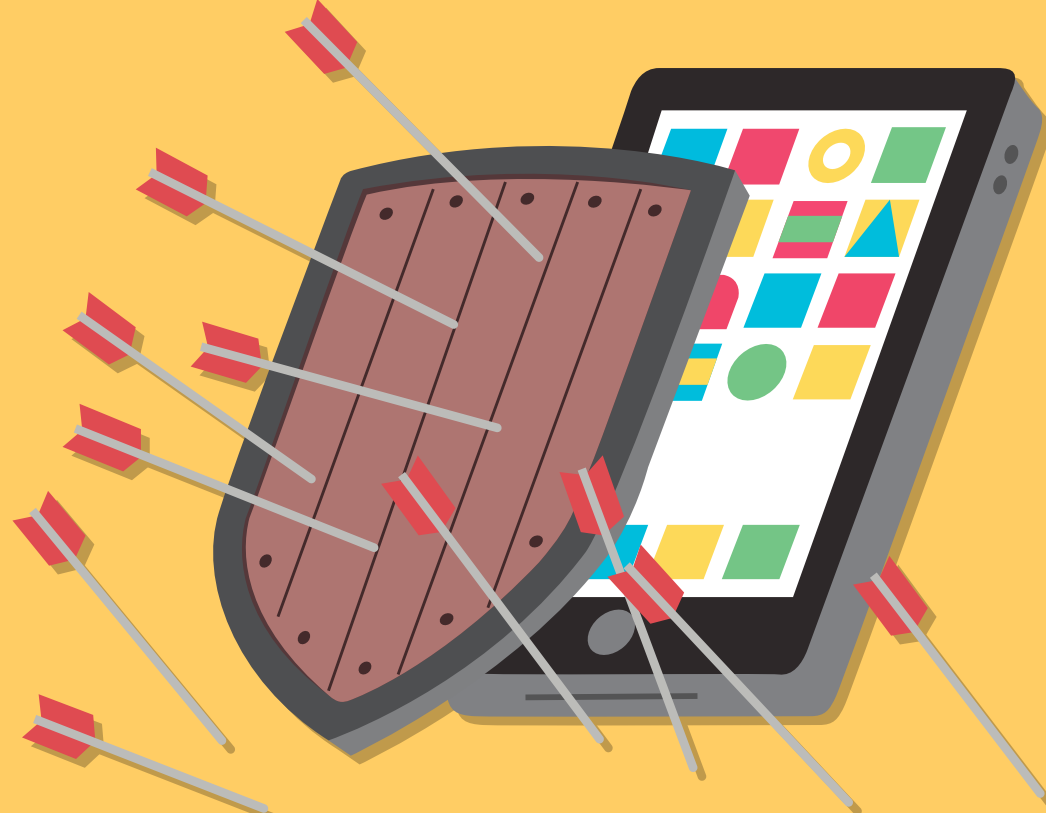
## 2 FRAME IT AS A PRIVILEGE



Since you are providing (and most likely paying for) their phone, it is a privilege--not a right



## 3 TALK ABOUT PRIVACY & TRUST

Kids are going to feel like you are invading their privacy. That's why it's important to frame monitoring as a tool of protection. You trust them; you don't trust the rest of the world.






## 4 DON'T INVALIDATE FEELINGS



-  Your child may feel angry and push for more power. It's important to listen to their concerns and help them understand why monitoring is necessary.
-  After all, you wouldn't let them drive a car without a license, right?

## 5 CREATE A SMARTPHONE CONTRACT


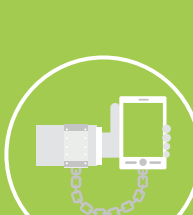

A smartphone contract can help families meet and set expectations, especially when a child is receiving their first smartphone. Some guidelines to include...

-  Screen-Free Time
-  Keep School Grades Up
-  Restricted Apps



## 6 USE IT AS A TEACHING TOOL



-  Monitoring is all about teaching our kids how to interact with technology. It's best to use this opportunity to start frequent conversations about the content your child sees online. Not only that, but parents need to be role models.
-  Kids believe their parents are addicted to their phones.
-  It's our responsibility as parents to live up to the guidelines we set.



Remember, you are their parent--not their friend. It's not your job to provide them access to the world with no guidance. That's why TeenSafe is here to help!