



Is My Child Ready for Their First Smartphone?

Use this checklist to take back control. Tick off each sign of readiness before you hand over a smartphone. No hype. No pressure. Just clear signals your child can handle the freedom.

Independence Signals

- ☐ They regularly walk or travel to school on their own.
- ☐ They use public transport or cycle in their local area without supervision.
- ☐ They stay home alone for short periods without drama.
- ☐ Your household has no landline (or you're phasing it out).

Responsibility Signals

- ☐ They help care for younger siblings or babysit occasionally.
- ☐ They manage homework and activities without constant reminders.
- ☐ They handle their time on screens and off screens with balance.

Behaviour & Emotional Maturity

- ☐ They stay calm and respectful when discussing limits and rules.
- ☐ They can communicate clearly with friends and adults (offline and online).
- ☐ They already show good judgment in social situations.

Red Flags to Watch For

- ☐ Meltdowns over device limits.
- ☐ Secrecy about online behaviour.
- ☐ Struggles with impulse control or emotional regulation.

Sage Tip

If more than one or two boxes stay unticked, wait. A phone is power. Make sure your child is ready to wield it responsibly.