When—and How— to Give Cell Phones to Kids

Troomi
WIRELESS

INTRODUCTION

The purpose of this guide is to help you navigate the decision of when and how to give cell phones to kids in a way that aligns with their developmental stage and individual needs. While cell phones can offer numerous benefits to children, such as enhanced communication and access to educational resources, we must also be mindful of the potential risks they may face.

Welcome to the guide "When—and How—to Give Cell Phones to Kids." In this digital age, cell phones have become an integral part of our lives, and it's no surprise that children are increasingly drawn to these devices. As parents, guardians, and educators, we have a vital role to play in guiding our children through the complexities of the digital world and ensuring their safety while unlocking their full potential.

The American Academy of Pediatrics (AAP) recommends that parents consider delaying the introduction of smartphones until at least age 11 or when there is a clear need for communication. However, every child is unique, and there is no one-size-fits-all approach. By understanding the risks and benefits associated with cell phone usage and considering your child's maturity, responsibilities, and digital readiness, you can make the right decision for your family.

Throughout this guide, we will delve into the latest research, share expert opinions, and provide practical advice to empower you to make the best choices for your children. We will explore the importance of setting boundaries, fostering responsible digital citizenship, and addressing cybersecurity and online safety concerns. Additionally, we will introduce you to Troomi Wireless, a safe phone company for kids that aligns with our principles of responsible cell phone usage.

As we embark on this journey together, remember that our goal is to empower our children to thrive in the digital world while safeguarding their well-being. By being informed and intentional about the when and how of giving cell phones to kids, we can create a positive and nurturing digital environment that allows them to explore, learn, and grow responsibly.

BENEFITS & CONSIDERATIONS

Benefits of Giving Cell Phones to Kids

1 Improved Communication and Connectivity

Cell phones enable seamless communication between children and their parents, guardians, and peers. With instant messaging, video calls, and voice calls, kids can stay connected with their loved ones regardless of distance. This enhanced communication fosters a stronger sense of security and allows parents to keep track of their children's activities and well-being throughout the day.

88% of teens in the United States own or have access to a smartphone. This widespread ownership is indicative of the importance of cell phones for communication among younger generations.

-Pew Research Center in 2021

2 Emergency Situations and Safety

A significant advantage of providing cell phones to kids is the ability to reach out for help during emergencies. Whether they encounter an accident, become lost, or face a threatening situation, having a cell phone on hand can be crucial in quickly summoning assistance.

"*Cell phones have become a vital tool in enhancing children's safety. In emergency situations, the ability to make a call for help can make all the difference.*"

DR. EMILY THOMPSON
Child Safety Advocate

3 Access to Educational Resources

Smartphones offer a vast array of educational apps, digital books, and online resources that can supplement formal education and support children's learning. From interactive language learning apps to math tutorials, these resources can make learning enjoyable and engaging.

According to a study published in the Journal of Educational Psychology, educational apps have been found to improve children's learning outcomes and motivation to learn. Access to such resources on cell phones can enhance children's academic performance.

4 Development of Responsible Digital Citizenship

Introducing cell phones to kids at an appropriate age provides an opportunity for parents to instill responsible digital citizenship from the outset. By discussing online etiquette, privacy, and the potential consequences of online actions, parents can help children become responsible digital citizens.

5 Social Connectivity and Peer Interaction

Cell phones facilitate peer communication and social connectivity, allowing children to stay in touch with friends and engage in social activities. Healthy social interactions play a vital role in a child's emotional development and sense of belonging.

6 Independence and Responsibility

Owning a cell phone can foster a sense of independence and responsibility in children. It gives them the opportunity to manage their schedules, set reminders, and stay organized, promoting self-reliance and time management skills.

> "*Providing children with cell phones at an appropriate age can teach them valuable lessons in responsibility, time management, and accountability.*"
>
> **DR. JENNIFER LEE**
> *Child Behavior Specialist*

Summary

As parents weigh the decision of giving cell phones to their children, it is essential to consider the numerous benefits they offer. From enhanced communication to access to educational resources, cell phones can be valuable tools for children's growth and development. However, it is equally crucial to acknowledge and address the potential risks and challenges to ensure a safe and balanced experience for children in the digital world.

Obvious Concerns

1 Exposure to Inappropriate Content

One of the most evident and alarming concerns surrounding cell phone usage for kids is the potential exposure to inappropriate content. The internet is a vast and unregulated space, and children can inadvertently come across explicit material, violence, or other age-inappropriate content. Such exposure can have adverse effects on their mental and emotional well-being, distorting their understanding of healthy relationships and appropriate behavior.

81% of teens aged 13 to 17 years in the United States reported that they had seen explicit or offensive content online. This statistic highlights the pervasive nature of inappropriate content on the internet and the need for vigilance in protecting children from it.

-Pew Research Center

"The internet is a double-edged sword; while it provides a wealth of information and opportunities, it also exposes children to inappropriate content that can negatively impact their psychological development."

DR. LAURA COLLINS
Child Psychologist

2 Online Predators and Cyberbullying

The internet can be a breeding ground for online predators seeking to exploit young and vulnerable individuals. Cell phones, with their easy accessibility to social media and messaging apps, can inadvertently expose children to potential threats. Additionally, cyberbullying has become a distressing issue, where children may face harassment, humiliation, or intimidation online, leading to emotional trauma.

"Cell phones and social media have opened new avenues for predators and bullies to target children. Parents must actively engage in conversations about online safety and establish open communication with their children to mitigate these risks."

SARAH JOHNSON
Online Safety Advocate

36.5% of students in the United States experienced cyberbullying at least once in their lifetime. The anonymity provided by the internet can embolden bullies, making it imperative for parents to monitor and address their child's online interactions.

-Cyberbullying Research Center

3 Digital Addiction and Sleep Disturbance

Children's growing dependence on cell phones and other digital devices has raised concerns about digital addiction. Excessive screen time can lead to addictive behaviors, affecting children's ability to engage in other activities, maintain healthy relationships, and focus on academics. Moreover, prolonged screen time, particularly before bedtime, can disrupt sleep patterns, leading to sleep deprivation and fatigue.

The National Sleep Foundation highlights that 90% of teenagers admit to using their cell phones, tablets, or computers within an hour before bedtime, which can negatively impact sleep quality.

Summary

Addressing these obvious concerns requires a proactive approach from parents and guardians. Open communication and establishing clear rules and boundaries around cell phone usage are essential to protect children from potential risks. Equipping children with the knowledge and skills to recognize and report inappropriate content and ensuring they understand the importance of responsible online behavior are vital steps in fostering a safe and positive digital experience for them.

Less-Obvious Concerns

1 Mental Health Impact

Beyond the obvious concerns lie less-visible but equally critical issues related to children's mental health. Excessive use of cell phones and social media can contribute to stress, anxiety, and depression among children. The pressure to maintain a curated online image, the fear of missing out (FOMO), and the constant need for validation through likes and comments can take a toll on their self-esteem and overall mental well-being.

14.3%

According to a study published in JAMA Pediatrics, the prevalence of major depressive episodes among adolescents in the United States increased from 8.7% in 2005 to 14.3% in 2019. This increase coincides with the rise of smartphone and social media usage among young people.

"*We are on the verge of the biggest mental health crisis our country has ever seen.*"

DR. JEAN M. TWENGE

2 Fear of Missing Out (FOMO) and Comparison Culture

The constant exposure to social media highlights the seemingly perfect lives of others, leading to feelings of inadequacy and FOMO. Children may experience anxiety and dissatisfaction with their own lives, believing they are missing out on experiences or possessions compared to their peers.

"*I, personally, based on the data I've seen, believe that 13 is too early … It's a time where it's really important for us to be thoughtful about what's going into how they think about their own self-worth and their relationships and the skewed and often distorted environment of social media often does a disservice to many of those children.*"

VIVEK MURTHY
US Surgeon General

Research published in the Journal of Social and Clinical Psychology found that limiting social media usage to 30 minutes per day significantly reduced feelings of loneliness and depression among participants.

3 Screen Time and Physical Health

Excessive screen time can have adverse effects on children's physical health. Prolonged use of cell phones can lead to issues such as eye strain, arthritis in the hands, neck and back pain, and obesity due to reduced physical activity. Additionally, the blue light emitted by screens can disrupt sleep patterns, affecting children's overall health and academic performance.

4 Digital Dependency and Reduced Social Skills

Children who excessively rely on cell phones for entertainment and social interactions may experience reduced face-to-face communication skills and emotional intelligence. Constant digital engagement can lead to a disconnection from real-life interactions, hindering the development of essential social skills, preventing them from building meaningful connections in the future.

" *"Cell phones are valuable tools, but excessive reliance on them can hinder a child's ability to build strong interpersonal relationships and develop emotional intelligence."*

DR. MICHAEL CHEN
Child Development Expert

Summary

Addressing these less-obvious concerns requires a holistic approach that goes beyond simply setting time limits on cell phone usage. Encouraging open communication, promoting digital detox periods, and providing alternative activities that foster real-life connections and emotional well-being are essential steps in mitigating the potential negative impact of cell phones on children's mental and physical health. Creating a balanced digital environment that prioritizes children's overall well-being can help them navigate the challenges of the digital world more effectively.
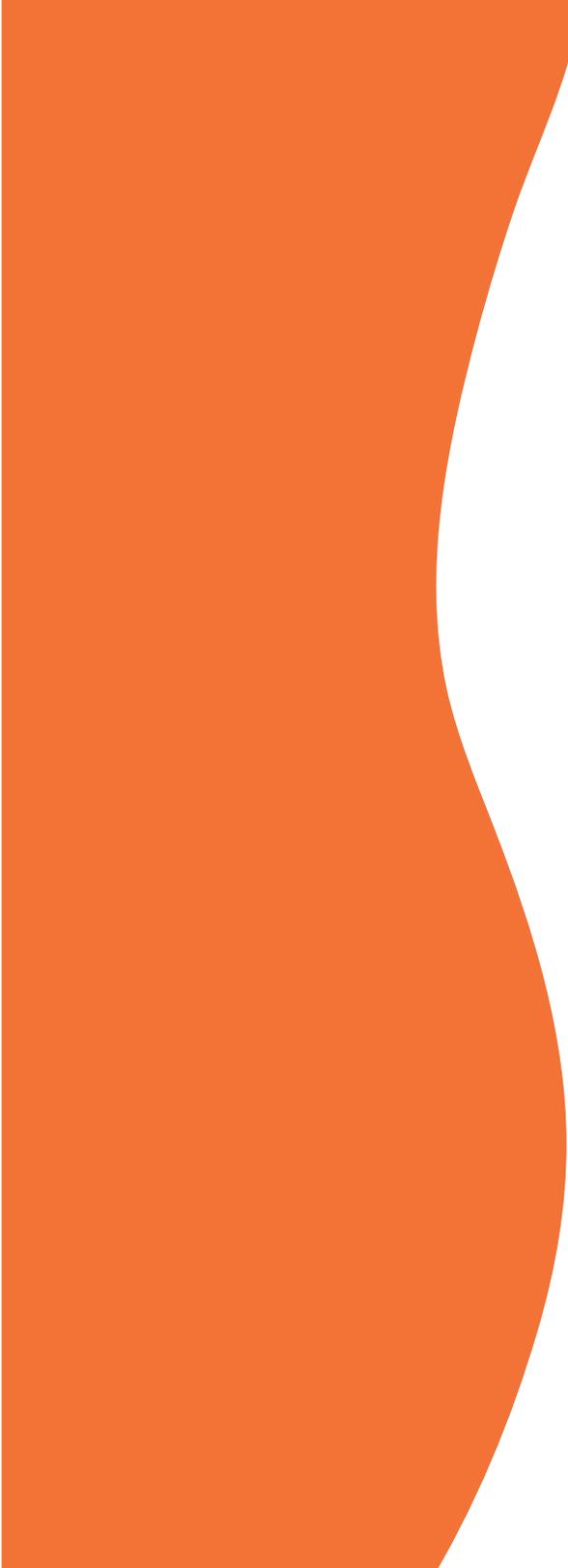
AGE-APPROPRIATE GUIDELINES

1 So, When is the Right Age?

Determining the right age to give a cell phone to a child is a decision that many parents grapple with. According to a survey conducted by Influence Central, 42% of children in the United States own a smartphone by the age of 10, indicating a trend of cell phone ownership starting at increasingly younger ages. However, there is no one-size-fits-all answer to this question, as the appropriate age largely depends on the individual child's maturity, responsibilities, and specific needs.

"The right age to give a child a cell phone varies from family to family. It's essential for parents to be intentional in their decision and base it on their child's readiness rather than societal norms."

DR. RACHEL HERNANDEZ
Child Development Specialist

The Influence Central survey reflects the growing prevalence of cell phone ownership among younger children, highlighting the need for parents to carefully consider the timing and reasons for introducing cell phones.

2 Intentional Decision Based on Practical Needs and the Child's Maturity

When deciding on the appropriate age to give a child a cell phone, parents must consider the practical needs that may arise. For instance, a child who participates in after-school activities or has a long commute may benefit from having a cell phone for communication and safety reasons. Additionally, family dynamics and parental work schedules can influence the necessity of cell phone access for children.

However, practical needs should be balanced with the child's maturity level. Parents must evaluate their child's ability to follow rules, handle responsibilities, and make responsible decisions. A child who demonstrates a sense of responsibility and maturity is more likely to handle the privileges and potential challenges of owning a cell phone.

"Parents must weigh the practical needs that a cell phone can address with their child's readiness to handle the responsibilities that come with owning one. A child's maturity level is a critical factor in making this decision."

DR. SARAH ANDERSON
Child Psychologist

3 Choose a Solution that Allows Gradual Introduction of Functionality

One concern that arises with giving cell phones to younger children is the fear of exposing them to age-inappropriate content or online risks. To address this concern, parents should consider solutions that allow them to gradually introduce increasing functionality as their children's needs and maturity evolve.

Instead of opting for smartphones with unrestricted access to apps and content, parents can choose safer alternatives that offer controlled environments. Solutions like Troomi Wireless provide parents with customizable safety controls, allowing them to tailor the phone's functionalities to suit their child's age and maturity. This approach ensures that children are exposed to age-appropriate content while preparing them for more extensive phone capabilities as they grow.

Summary

By making an intentional and informed decision about the right age to give a child a cell phone, parents can set a strong foundation for responsible cell phone usage. Choosing a solution like Troomi Wireless, with its focus on gradually increasing functionality, enables children to grow with the device while ensuring their safety and well-being in the digital world. In the next section, we will explore the importance of setting boundaries and creating a family cell phone usage policy to further enhance the positive impact of cell phones on children's lives.

DECISIONS TO MAKE BEFORE A PHONE IS PURCHASED

1 Monitoring, Management, and Content Filtering

Before purchasing a cell phone for your child, it's essential to consider how you will monitor and manage their device usage. Monitoring tools can provide valuable insights into your child's online activities, allowing you to identify potential risks and address concerns proactively. Parental control features, such as app restrictions and screen time limits, can help you maintain a healthy balance between screen time and other activities.

Content filtering is another crucial aspect to consider. Children are susceptible to stumbling upon inappropriate content while browsing the internet or using apps. Investing in a cell phone with robust content filtering capabilities can significantly reduce the chances of exposure to age-inappropriate material.

2 Third-Party Technologies or Device with Native Safety

When choosing a cell phone for your child, you have the option of selecting third-party technologies that offer additional safety features. Many mobile apps and services cater specifically to parental control and monitoring needs, providing an added layer of security for your child's device usage. These third-party solutions often come with features like geolocation tracking, text message monitoring, and app management.

On the other hand, some cell phones come with native safety and parental control features built into their operating systems. These native tools may vary depending on the device's brand and operating system but can offer similar functionalities to third-party apps.

> "When choosing a phone for your child, it's important to consider the safety features that are available. Some phones have built-in parental controls that can help you restrict access to inappropriate content and track your child's location."
>
> *COMMON SENSE MEDIA*

3 Evaluating the Best Solution: Troomi Wireless

For parents seeking a comprehensive and safe cell phone solution for their children, Troomi Wireless stands out as a reliable choice. Troomi offers a kid-friendly phone experience with a focus on safety and flexibility.

KidSmart OS: Troomi's proprietary KidSmart OS ensures a secure and age-appropriate environment for children. It comes with built-in safety controls, including content filtering, app restrictions, and screen time management.

Troomi Parent Portal: The Troomi Parent Portal provides parents with centralized control over their child's phone. Through the Parent Portal, parents can monitor their child's activities, set restrictions, and customize functionalities as the child's needs and maturity evolve.

Safe and Vetted Apps: Troomi Wireless offers a curated selection of KidSmart® Apps that are vetted for safety and educational value. These apps can support your child's learning, creativity, and hobbies without exposing them to inappropriate content.

Summary

Before making the final decision on a cell phone for your child, carefully assess your specific monitoring and safety requirements. Whether you opt for third-party technologies or a device with native safety features, prioritizing your child's well-being and ensuring a positive digital experience are key factors in making the right choice.

"

"Troomi Wireless provides a comprehensive solution for parents seeking to introduce cell phones to their kids responsibly. With its safety features and customizable options, Troomi stands as a reliable choice for families."

DR. MICHAEL THOMPSON
Child Safety Advocate

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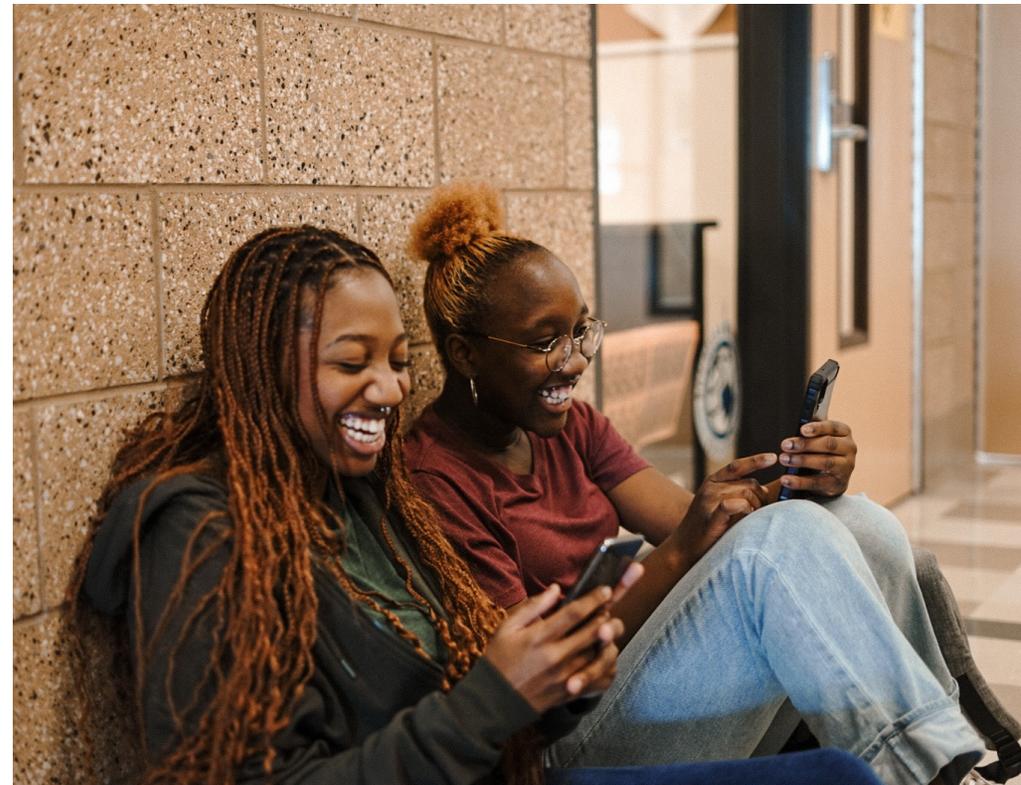
MINE OR YOURS?

The decision of whether the cell phone will be owned and managed by the parent or gifted to the child requires careful consideration. Both approaches have their merits, and the choice depends on the family's specific circumstances, parenting style, and the child's level of responsibility.

Parent-Owned and Child-Managed

In this approach, the cell phone is purchased and owned by the parent or guardian, who retains full control over the device. The parent sets the rules, limitations, and restrictions on the phone's usage, while the child is responsible for adhering to these guidelines.

Advantages:

- **Parental Oversight:** With the parent retaining control, they can closely monitor their child's cell phone activities, ensuring that the device is being used responsibly and safely.
- **Gradual Independence:** Parent-owned cell phones allow for a gradual transition to more freedom as the child demonstrates responsibility, eventually leading to owning their own phone.

Considerations:

- **Potential Conflict:** Parental ownership may lead to disagreements between parents and children over rules and limitations on the phone.
- **Limited Personalization:** The child may have less freedom to customize the phone's settings and apps according to their preferences.

Child-Owned and Parent-Supervised

In this scenario, the cell phone is gifted to the child, who assumes ownership and responsibility for its usage. The parent maintains a supervisory role, guiding the child's digital behavior and setting guidelines for responsible phone usage.

Advantages:

- **Empowerment and Responsibility:** Gifting a cell phone to the child can instill a sense of responsibility and ownership, encouraging them to take care of their device and use it responsibly.
- **Personalization:** Child-owned phones allow the child to personalize the device to suit their preferences, fostering a sense of autonomy.

Considerations:

- **Safety Concerns:** Child-owned phones may require robust safety measures, such as parental controls and content filtering, to ensure a safe digital environment.
- **Guided Decision-Making:** The child may need guidance from the parent in making appropriate decisions about apps, content, and screen time.

The Hybrid Approach: Shared Responsibility

A third option is a hybrid approach where both the parent and child share responsibility for the cell phone. In this scenario, the phone may be owned by the parent, but certain privileges and responsibilities are gradually transferred to the child as they demonstrate maturity and good judgment.

Advantages:

- **Gradual Independence:** The hybrid approach allows for a gradual transition of ownership and control, fostering a sense of trust and responsibility in the child.
- **Collaborative Decision-Making:** Both parent and child can have a say in setting rules and limitations, promoting open communication and understanding.

Considerations:

- **Clear Communication:** Shared responsibility requires clear communication between parent and child to avoid confusion and conflicts over the phone's usage.
- **Age-Appropriate Privileges:** The gradual transfer of control should align with the child's age, maturity, and ability to handle additional responsibilities.

Summary

Ultimately, the decision of mine or yours depends on the parent's comfort level, the child's readiness, and the family's dynamics. Whatever approach is chosen, open communication, mutual respect, and a focus on responsible cell phone usage are crucial elements in creating a positive and safe digital experience for the child.

CONSIDER A CONTRACT

Creating a cell phone contract is a valuable tool for establishing clear rules and expectations regarding your child's device usage. By outlining specific guidelines and obtaining mutual agreement from both the child and parent, a contract sets the foundation for responsible cell phone usage and fosters open communication about digital behavior. Here's how to go about it:

1 Rules for Child

- **Screen Time Limits:** Specify the daily or weekly maximum screen time allowed for the child's cell phone usage. Define time frames for when the phone can be used and when it should be put away.

- **Device Usage During Specific Activities:** Establish rules regarding device usage during mealtimes, family gatherings, study sessions, and bedtime. Emphasize the importance of being present and engaged in these activities without distractions.

- **Balancing Online and Offline Activities:** Encourage the child to strike a healthy balance between online and offline activities. Include specific guidelines for physical exercise, face-to-face interactions, hobbies, and spending quality family time.

- **Responsible Digital Behavior:** Outline expectations for respectful communication online, avoiding sharing personal information with strangers, and being mindful of the content shared with others.

2 Agreement from the Parent

- **Lead by Example:** As a parent, commit to modeling responsible device usage and adhering to the same rules set for the child. Children learn by observing their parents, so leading by example is crucial.

- **Parental Supervision:** State your commitment to monitor the child's device usage responsibly. Emphasize that monitoring is not meant to invade their privacy but to ensure their safety and well-being.

- **Support and Guidance:** Promise to provide guidance and support in navigating the digital world. Encourage open communication between parent and child, fostering an environment where the child feels comfortable discussing any concerns or issues.

3 Practical Advice on Establishing Clear Rules and Limits

- **Make It Collaborative:** Involve your child in the process of creating the contract. Discuss the rules together, listen to their perspectives, and make adjustments as needed to ensure the contract is fair and reasonable.
- **Put It in Writing:** Write the contract down and have both the child and parent sign it. Display the contract in a visible place, such as the child's room or a common area, to serve as a reminder.
- **Set Consequences:** Identify potential problems and consequences for violating the contract. Clearly state the repercussions for breaking the rules, ensuring the child understands the importance of adhering to the agreement.

4 Encourage a Healthy Balance

- **Emphasize the Benefits of Balance:** Discuss with your child the importance of balancing digital activities with other essential aspects of life, such as physical activity, face-to-face interactions, pursuing hobbies, and spending quality time with family and friends.
- **Encourage Offline Activities:** Engage in activities together that don't involve screens, such as outdoor play, board games, reading books, or exploring creative hobbies. Show your child the value of non-digital experiences.
- **Celebrate Digital-Free Days:** Plan occasional digital-free days or weekends for the entire family. Use this time to bond, engage in meaningful conversations, and enjoy each other's company without distractions.

Summary

By establishing a cell phone contract, parents and children can work together to create a positive and responsible digital environment. The contract provides a framework for setting healthy boundaries and fostering a balanced approach to technology use, ensuring that the child's digital experiences are enriching and safe.

MAKE THE RELATIONSHIP WORK

Ensuring a positive and successful parent-child relationship regarding cell phone usage requires more than just a one-time conversation; it requires an ongoing, respectful, and collaborative dialogue. By understanding the reasons behind the rules and engaging in open conversations about digital experiences, parents can build trust and support their child's journey in the digital world.

1 Not "A" Conversation, but Rather an "Ongoing" Conversation

Approaching cell phone usage as an ongoing conversation is essential. Technology and digital trends evolve rapidly, and so do the challenges children face in the digital space. Regularly discussing cell phone usage allows parents to stay informed about their child's experiences, concerns, and interests.

Encourage your child to share their experiences, both positive and negative, with digital devices. Listen attentively, validate their feelings, and be empathetic to their challenges. Open communication will help your child feel understood and supported, leading to a stronger and more trusting relationship.

2 Respectful and Collaborative

Respect and collaboration are crucial aspects of making the parent-child relationship work in the digital age. Rather than enforcing rules unilaterally, involve your child in the decision-making process. Solicit their input on setting screen time limits, selecting appropriate apps, and defining boundaries.

By respecting your child's opinions and involving them in decision-making, you empower them to take ownership of their digital behavior. Collaborating on cell phone guidelines fosters a sense of responsibility and independence in your child, making them more likely to adhere to the agreed-upon rules.

3 Why Talk About the Stories

Sharing stories about the positive and negative experiences children have had with cell phones can be incredibly impactful. Narrating real-life scenarios of online challenges, cyberbullying incidents, or instances where responsible digital behavior made a positive impact allows your child to learn from others' experiences.

Discussing stories can also serve as a starting point for critical conversations about online safety, privacy, and responsible behavior. Sharing stories helps children understand the potential consequences of their actions and empowers them to make better choices online.

4 Emphasize the Importance of Responsible Digital Citizenship

Promote the concept of responsible digital citizenship to your child. Discuss the impact of their online actions on themselves and others. Encourage them to think critically about the content they share, the potential consequences of their posts, and how they can use technology to positively contribute to their communities.

> "Responsible digital citizenship is about being mindful of how our actions affect ourselves and others in the digital world. By nurturing this mindset in our children, we help them become responsible and compassionate digital citizens."

DR. LAURA ROBERTS
Digital Ethics Educator

5 Create a Supportive Environment

Let your child know that they can turn to you for support and guidance, no matter the situation. Cultivate a supportive environment where they feel comfortable sharing their online experiences, seeking advice, and reporting any concerns.

Avoid punitive measures when your child encounters online challenges or makes mistakes. Instead, use such situations as opportunities for learning and growth. Assure your child that you are there to help them navigate the digital world and that they can come to you with any digital-related concerns.

By maintaining ongoing, respectful, and collaborative conversations, parents can foster a positive relationship with their child regarding cell phone usage. Being receptive to their experiences, encouraging responsible digital citizenship, and creating a supportive environment will empower children to develop safe and responsible digital habits as they explore the digital landscape.

CONCLUSION

In this guide, we have explored the essential considerations for parents when giving cell phones to their children. Here are the key points covered:

1. Age-Appropriate Guidelines: There is no one-size-fits-all age for giving a cell phone to a child. Parents should make an intentional decision based on their child's maturity and practical needs.

2. Benefits and Concerns: Cell phones offer improved communication, emergency assistance, and access to educational resources, but they also come with concerns such as exposure to inappropriate content and online predators. Parents must balance the advantages with the potential risks.

3. Monitoring and Safety: Whether using third-party technologies or devices with native safety features, parents should employ monitoring and content filtering to protect their child's digital experiences.

4. Creating a Cell Phone Contract: Establishing a contract with clear rules and limits fosters responsible device usage. The contract should be collaborative, involving both the child and parent, and should outline potential consequences for rule violations.

5. Ongoing Conversations: Emphasize the importance of ongoing, respectful, and collaborative conversations about cell phone usage. By staying informed and actively listening to their child's experiences, parents can build a strong and trusting relationship.

6. Responsible Digital Citizenship: Encourage responsible digital citizenship, helping children understand the impact of their online actions and fostering positive digital behaviors.

7. Tailoring the Approach: Every child is unique, and parents should tailor their approach to suit their child's individual needs, interests, and maturity levels.

Summary

Introducing cell phones to kids requires thoughtful consideration and proactive parenting. By prioritizing safety, education, and responsible cell phone usage, parents can help their children navigate the digital world with confidence. As technology continues to evolve, maintaining open communication and adaptability will be key to ensuring a positive and enriching digital experience for children. Remember that with the right approach, cell phones can be valuable tools that empower kids to learn, create, and connect responsibly in today's digital landscape.

CALL TO ACTION FOR PARENTS

Every child holds boundless potential to learn, achieve, and soar to greatness. As a parent, you have the power to safeguard that potential from lurking dangers in the digital world.

Remember, "just 'cause everyone else is doing it" is never a valid reason. Be intentional in your decisions as a parent and take charge of your child's digital journey.

You've got this! Embrace responsible cell phone usage and ensure their bright future. Your child's limitless potential is in your hands—don't leave it to chance. Act now and be the hero they need to navigate the digital world safely, unlocking a world of possibilities for them.

BILL BRADY
CEO of Troomi Wireless

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The safe and affordable phone that grows with your kids!

Join the movement to empower your child's digital world with Troomi – the smart and secure choice for parents.

Use code "**heroparents**" at checkout on troomi.com to **receive $50 off**.

CELL PHONE
CONTRACT

Troomi WIRELESS

1

I WILL:

- Think before I act.
- Take responsibility for my choices.
- Stay safe.
- Respect my parents.
- Take good care of my cell phone.

ADDITIONAL RULES

- _____
- _____

ETIQUETTE

- I will always answer calls and texts from my parents.
- I will not send aggressive, hurtful, or inappropriate texts or pictures.
- I will turn off my phone between the hours of _____ and _____.
- I will leave my phone in _____ while I do my homework, chores, sleep, and other important tasks.
- I will keep my phone in my backback at school and respect my teacher's phone rules.
- I understand that if I break, lose, or damage my phone, it may not be replaced.

2

PARENTS

Giving my child a cell phone is a significant step! I agree to:

- Understand that my child may make mistakes. I will not overreact or respond with anger.
- Learn new things about technology, understand my child's technology needs, and be open to renegotiation of the terms of this agreement.
- Set a good example for my child by being a responsible user of technology myself.

3

DEALBREAKERS

The following behaviors will result in the phone being taken away:

- _____
- _____
- _____

4

SIGNATURES

Having a cell phone is a privilege that requires responsibility. I agree to abide by the terms outlined in this contract.

Child: _____ Date: _____

Parent: _____ Date: _____

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