

# *Cell Phone Rules for Kids*

## A Checklist for Parents

### *Establish Expectations*

Set clear guidelines for cell phone use within the family. This includes the acceptable hours for usage, designated spaces and rules during family meals and events.

### *Teach Online Safety*

Teach your kids about online safety, including the importance of not sharing personal information, being cautious with social media and recognizing online threats.

### *Check On Content*

As a parent, you should also regularly review and understand the apps and games your children are using. Implement parental controls on devices to restrict access to inappropriate content.

### *Set Firm Boundaries*

Establish daily or weekly limits on your kids' screen time, including both cell phones and other devices.

### *Lead By Example*

Children often mimic their parents, so demonstrating responsible use fosters a positive example.



Find more tips at  
[acvhealth.net](http://acvhealth.net).

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