MOM, I WANT A SMARTPHONE

Key takeaways from the SMART Families parent webinar

THE REQUEST

1 **Be Ready Before They Ask**
Plan your answer ahead, tie it to your family values, and stay calm through big emotions. “In our family, we’re waiting until after 8th Grade.”

2 **“I’m Responsible!”**
Lead with safety. “You are, and you’re precious to our family. My job is to keep you safe, and not everyone online is responsible.”

3 **“I’m Going to Miss Out!”**
Validate the feeling, then offer other ways to stay connected, like a basic family phone.

4 **“All My Friends Have One!”**
“I can’t let you drive before 16 or eat candy for meals, and I can’t give you a smartphone yet. You can do hard things.”

5 **“I Need a Smartphone in Case I Need to Call You!”**
“When you’re not with me, adults I trust keep you safe: teachers, coaches, and friends’ parents. As parents, we may also feel the need to be connected to our kids at all times. If it’s urgent, the School Nurse or School Office can help you call me.” Calling home for every problem keeps kids from learning to be resourceful and accountable.

HOLIDAY TECH PLAN

6 **Set Expectations Early**
The holidays aren’t a screen free-for-all. Share your plan before break starts.

7 **Let Kids Earn Screen Time**
Use tokens for expected behaviors, each worth 10 or 15 minutes.

8 **Plan Screen-Free Fun**
Take a walk, host a game night, or visit someone in person.

9 **Watch Your Own Tech Use**
Kids notice when we’re on our phones.

10 **Give Low-Tech Gifts**
Choose art, outdoor gear, safe tech, or experiences you can share.