

BEFORE YOU HAND IT OVER

First Phone Checklist

Everything to set up before a first device leaves your hands. Work through it together — it only takes one calm evening.

1 The basics

Decide the boundaries before the phone is unwrapped.

- ☐ Chosen an age-appropriate device (not always the newest one).
- ☐ Agreed who owns it — you lend it, they use it.
- ☐ Set a household budget for apps and any in-app spending.
- ☐ Decided where it charges overnight (outside the bedroom).

2 Accounts & passwords

You hold the keys at the start; hand them over as trust grows.

- ☐ Created the child account under your family account (Apple Family / Google Family Link).
- ☐ You know the device passcode and main passwords.
- ☐ Two-step verification turned on for the main account.
- ☐ Recovery email and phone number are yours.

3 Parental controls

Set once, review often.

- ☐ Screen Time / Family Link limits switched on.
- ☐ App downloads need your approval.
- ☐ Age ratings set for apps, web and content.
- ☐ Safe search enabled in the browser and app store.
- ☐ A downtime / bedtime schedule is active.

4 Apps, contacts & privacy

Start small. You can always add more later.

- ☐ Only agreed apps installed to begin with.
- ☐ Location sharing reviewed — you know who can see it.
- ☐ Contacts limited to known friends and family.
- ☐ Strangers can't message or friend-request your child.
- ☐ Saved your numbers and a trusted adult as emergency contacts.

5 The conversation

The phone is the easy part. This is what keeps them safe.

- ☐ Agreed what to do if something online worries or upsets them — and that they won't be in trouble for telling you.
- ☐ Talked about not sharing photos, location or personal details.
- ☐ Agreed a "we'll review this together" date in a few weeks.

Ready to hand it over

CHILD'S NAME

PARENT / CARER

DATE
