

# Supporting Parents and Carers with mobile phone use

- Talk to you child regularly about their mobile phone use
  - Encourage them to be open
  - Reassure them that they won't get in trouble if things go wrong
- Make sure privacy settings are set correctly, updated and checked regularly
- Know your child's pass code; the child doesn't own the phone
- Carry out frequent and random phone checks
- Keep phones downstairs - have a shared charging point downstairs and check that their phone (not just the case) is there
- Encourage hobbies and interests which are not technology based
- Let children be bored; this is when creativity occurs and reveals their talents



We learn together. We belong to this community. We are proud of ourselves and each other. We have consistently high expectations.