



15-17
years old

Digital Safety
Basics

Mobile Phones and Your Kids

KIDS ARE MORE MOBILE THAN EVER.

- ▶ Mobile phones are the #1 form of communication for teens (Pew, 2010).
- ▶ More kids have mobile phones than ever before, including 31% of 8- to 10-year-olds, 69% of 11- to 14-year-olds and 85% of 15- to 18-year-olds (Kaiser, 2010).
- ▶ Teens text more than they talk — averaging 3,146 text messages a month, compared with 203 calls (Nielsen, 2010).
- ▶ 1 in 3 teens use their phones to browse the web (Harris Interactive, 2009).

PARENT TIPS FOR TEENS

- ▶ **No texting or talking while driving.** Ever. Distracted driving can lead to traffic accidents — the #1 killer of teens. It's also illegal in a growing number of states.

- ▶ **Make sure they pick up your call.** Many teens treat incoming calls from mom and dad as a nuisance. As long as you are paying the bills, make sure they answer when you call — unless they're behind the wheel.
- ▶ **Have them review each month's bill.** Sit down with your teen to talk about how many minutes, texts or data they use.
- ▶ **Make sure you anticipate increased phone use.** By the time your children get to high school, the phone is ringing all the time. Make sure their phone plan allows for this extra time, and establish limits so they get a break from being "always on."
- ▶ **Draw boundaries.** Decide whether or not mobile phones have a place at the dinner table, in the car or in restaurants. Remind your teens of the importance of face-to-face conversations with family and friends. It may help them to be better prepared for college and the workforce.



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Stay safe.*

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