

Emma's Perspective: Children & Mobile Phones

CORE STANCE

Phones can be useful for children under 10 if paired with age-appropriate choices, active parental guidance, and strict safety rules.

1. Key Benefits & Age Tiers

- **Emergency Contact:** Useful if a child misses the bus, feels sick, or faces unexpected problems away from home.
- **Younger Kids (e.g., 6 yrs):** Too young for smartphones; simple phones for basic calling and messaging work best.
- **Older Kids (9–10 yrs):** Useful for traveling home alone; smartphones are acceptable if regulated.
- **Balanced Life:** Phones must not consume free time—outdoor play and family interaction remain essential.

2. Active Parental Management

- **Acknowledge Risks:** Overuse in gaming and video consumption requires direct intervention.
- **Device Oversight:** Parents can inspect phones and restrict access to specific games or websites.
- **Digital Safety Education:** Teach children never to communicate with strangers online.
- **Time Limits:** Establish clear boundaries on when and how long phones may be used.

3. Essential Rules & Boundaries

- **Structure First:** Responsibilities and rest always take priority over screen time.

HOMEWORK FIRST

Finish schoolwork before playing games

NO DINNER TABLE

Keep mealtimes free of phone distractions

NO LESSONS

Maintain focus during class time

NO NIGHT USE

Protect sleep quality and health

SUMMARY STATEMENT

"Mobile phones offer genuine safety benefits for kids, but parents must stay actively involved by setting rules, guiding online safety, and keeping screen time balanced with real life."