# YOUR CHILD'S FIRST PHONE

## A checklist for parents

From learning how to turn on parental controls to having conversations about balancing screen time, use this checklist to help you and your family get set up for success.

## Clarify the rules and expectations

Setting clear ground rules within your family sets the tone for a healthy balance with screens. It's important to discuss expectations while also creating a safe space for your tweens or teens to share their experiences.

☐ **01** Discuss screen use together

Talk openly about what it means to use a phone responsibly, including when and where it's used and what risks and responsibilities come with being online.

[Conversation Guide]

☐ **02** Develop a family media plan

Establish rules as a family about when and how to use screens.

[CPS Media Plan]

## ROGERS

# Stay in control

Explore the built-in parental controls on your devices to track, limit and pause screen time and help your family create a healthy balance with technology.

## 03 Enable the phone's built-in controls

Manufacturers have options to set up parental controls on your device, making it easy for you to limit screen time, add purchase and content restrictions, and track your child's location.

Learn how to set up Apple's Family Sharing
Learn how to set up Google's Family Link
Learn how to set up Motorola's Family Space

## 05 Set up controls on your child's favourite apps

Manage your child's experience on common social media and gaming apps by managing privacy settings and time limits, and making sure their time online is positive and age-appropriate.

Learn how to set up parental controls in various apps

**Checked the boxes? Great! Now keep the conversation going. Talk with your child about their experiences, and adjust parental controls as they grow and their habits change.**

## 04 Set up your Internet controls

Creating a user profile in the Rogers Xfinity app enables you to set up parental controls, like screen time limits and downtime schedules.

Learn how to create a user profile
Learn how to set up parental controls
Learn how to set up downtime schedules
Learn how to set active time limits

You can also set up controls on 5G Home Internet by creating a user profile on the Nokia WiFi app or NaviGate Companion app, where you can set downtime schedules and block specific websites.

Learn how to set up parental controls on the Nokia WiFi app

Learn how to set up parental controls in the NaviGate Companion app

## 06 Monitor data usage through MyRogers

Monitor your child's data usage and temporarily pause or restrict data usage if necessary.

Learn how to manage your wireless data

**Rogers.com/ScreenBreak**    ROGERS