

BOLD NEW GIRLS™

WHEN TO GET HER A PHONE

If she's like most growing girls, she's begging you for a phone and she feels ready to jump into social media. If you are like most parents, you are not ready (yet).

Here are 6 IDEAS to help you and your daughter plan and prepare for her transition into the virtual world!

STEP 1:

Ask her about her reasons WHY...

(Peer pressure?

Curious?

Wanting connection?

Left out?)

STEP 2:

Give her the facts about screens and social media:

- Screen time is a distraction and can be very stressful
- Girls are spending more than 8 hours each day on their phones
- Girls feel a lot of pressure to post and keep up
- Girls worry a lot about being judged and feeling left out
- Girls today feel more disconnected and not good enough when they are online

STEP 3:

Discuss the PROS:

- o Fun and entertaining
- o Inspires creativity and ideas
- o Feel connected, included, and normal
- o Can keep in touch and share stories
- o Self-promotion and starting businesses

Discuss the CONS

- o Distraction
- o Bullying
- o Feeling judged
- o Compete and compare
- o Fake pictures
- o Addiction

Step 4:

Create guidelines together. Consider:

Safety: turn off location settings, turn on privacy settings; don't share personal information

Time on devices (how much?) and tracking time

Decisions to be made: who to accept and follow; what to post and how much

Being real: true and authentic self

Triggers: what could bother her and why (and what to do)

Where the phone should go at night

Safe websites and platforms

Priorities (homework, chores, play, etc.)

Thinking before posting

STEP 5: What if...Then What?

She makes a mistake online • She posts and nobody likes or comments

She gets mean comments • She gets bullied

She feels uncomfortable and unsafe *Empower her to block, delete, unfollow, and report (if necessary), and always tell someone

STEP 6: Talk about what she's missing when she chooses screen time:

The chance to:

- Play
- Spend time outside
- Create
- Make real connections
- Reflect
- Unwind
- Dream

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