



THREE TEACHABLE MOMENTS



FIRST PHONE

- Use a ready-made safety contract to establish ground rules
- Explain possible sanctions for misuse and enforce them
- Set time limits and don't allow phone use during mealtimes, homework etc.



TURNING 13

- Discuss the pros and cons of being on social media sites and apps
- Insist on being your child's "friend" or follower
- Set social media profiles to private and explain how to report bad behavior or content



DRIVERS LICENSE

- Explain the law and dangers of texting and driving
- Explore apps that eliminate phone use while driving
- Talk about distraction and the need to switch off

