

Set Up A Safe First Phone For A Child

Plain-English how-to. ~45 minutes. Right device + right setup + right boundaries.

Pick the right phone, configure Family Sharing/Link, set screen time + content filters, write a phone contract
Print, share, and re-run quarterly.

Do This Right Now

#	STEP
1.	Choose device (iPhone / Android / basic flip).
2.	Create kid account via Family Sharing or Family Link.
3.	Set Screen Time / time limits + Downtime.
4.	Require parent approval for apps + purchases.
5.	Content + privacy restrictions on.
6.	Disable risky settings (in-app, AirDrop, location).
7.	Set up Find My / Find Device.
8.	Sign a phone contract together.

Why This Matters

- Smartphones are the most powerful technology a child will ever own — entertainment, communication, surveillance, and target acquisition.
- Default configurations are designed for adults. Out-of-box, a kid's phone has unrestricted app store access, no time limits, no content filters.
- Family Sharing (Apple) and Family Link (Google) make this manageable. They let you approve purchases, set time limits, restrict app access.