verizon | **FOSI**
Family Online Safety Institute

First Phone Checklist

A child's first phone is a big milestone for your family. Below is a checklist to help you change the phone's settings, set up parental controls and keep the conversation going about this new responsibility.

Before you hand over the phone

Is the phone a hand-me-down? If it's your old phone or a family member's old phone, reset and erase all the phone's content and settings from the last owner. This is especially important if the previous owner is an adult.

iPhone:

Open the "Settings" app.

Tap "General."

Tap "Transfer or Reset iPhone."

Tap "Reset" at the bottom of the screen.

Tap "Erase All Content and Settings."

Enter the phone's passcode to confirm.

Wait for your iPhone to reset.
This could take a few minutes.

Check and make sure the iPhone has been reset. Make sure your screen saver, text messages and apps are all removed.

Android:

Open the "Settings" app.

Tap "System."

Tap "Reset."

Tap "Factory Data Reset" followed by "Reset Phone."

Enter the phone's passcode to confirm.

Wait for your Android to reset.
This could take a few minutes.

Make sure the Android phone has been reset. Make sure your screen saver, text messages and apps have all been removed.

Apply parental controls to the device.

You can apply parental controls to the device itself, but choosing the right ones can seem overwhelming. Think about your child and how they spend their time on digital devices. Are they interested in gaming, watching videos or communicating with friends? The parental controls you choose to apply and prioritize should line up with your child's interests and change as their interests change. Consider these tips to make sure you apply the right parental controls for your child:

Approve app downloads: Both Apple and Android allow you to share an account with your child. Make sure the phone is set up so that you can approve or deny any new app they want to add to their phone.

Set app time limits: With app time limits, you can pick the amount of time your child is allowed to be on an app each day. Once their allotted time is up, they can't access the app for the rest of the day. You can choose to do this for just a few apps or all apps.

Set overall phone time limits: Use the parental controls to help manage how much time your child spends on their phone in general. When they've reached their time limit, they'll be unable to access certain apps. This feature is completely customizable. Your child can still make and receive calls, and access other apps you might think are necessary, such as text messages.

Make sure they are communicating safely: Today's smartphones can detect when your child is about to send or receive an inappropriate image. If you utilize this parental control, your child will be given guidance and resources about how to navigate inappropriate communications.

Protect your child's privacy: Parental controls also allow you to choose what apps can access your child's location, photos, contacts and more. You can customize your preferences by app to make sure platforms are receiving limited information about your child.

➡️ To learn more about the device's built-in parental controls, click here for Android devices and click here for Apple devices. To monitor the phone's location and more, learn more about Verizon Smart Family.

When you hand over the phone

Make a plan to talk together about the rules around using the phone.

➡️ Check out FOSI's Online Safety Card for Phones.

➡️ Set ground rules as a family about topics like screen use, digital citizenship and privacy.
- Check out FOSI's Family Online Safety Agreements.

➡️ Identify resources that can help your family navigate the challenges that may come with your child's first phone.
- FOSI's Good Digital Parenting platform and Verizon's Parenting in a Digital World are great places to start.

After you hand over the phone

Digital parenting doesn't end once you've given your child their phone. In fact, your journey has just begun. Once you hand over the phone, make a plan to check in regularly and talk together about how it's going.

Ask your child every day about their digital life and their experiences with their phone.

- This doesn't have to be a sit-down chat—feel free to have these conversations while you are alone in the car or on a walk together.

Remind your child often that they can come talk to you if something goes wrong online.

Adjust the rules as they age.

➡️ Regularly check in on your parental control settings on your child's phones. [Review Verizon's age-appropriate guide to parental control settings.](#)

- Many social media platforms are limited to ages 13 and up. Once your child turns 13, talk with them about social media and your expectations for them on these platforms.

A great way to enforce this is to be your child's first follower on social media!

Look out for parental control updates.

- Tech companies are often updating their parental controls to reflect what is most needed for families. Make sure to look out for these updates and see if they could benefit your family's digital life.