First-Phone Readiness Checklist

A needs-and-readiness assessment for choosing the smallest responsible next step.

Purpose
A phone is a set of responsibilities and risks, not a reward that proves maturity. Evaluate your family's readiness as carefully as your son's.

Scripture orientation: Proverbs 4:23-27; 1 Corinthians 6:12; 10:23-24 (NASB95)

Use with: Parents and guardians considering a first phone or major increase in access

The need

What problem must a phone solve?

What is the smallest device that meets that need?

What pressure is coming from peers or comparison?

Readiness check

- ☐ Truthfulness under pressure
- ☐ Current boundaries followed
- ☐ Responsibilities completed
- ☐ Healthy sleep pattern
- ☐ Help-seeking when unsafe
- ☐ Accepts open monitoring
- ☐ Can manage loss, damage, and charging
- ☐ Family is ready to supervise consistently

Our first-step plan

Device and account type

Approved functions and contacts

Where the phone sleeps

Monitoring and privacy expectations

Consequences and repair

Trial begins

Review date

Prayer
Lord, give our family wisdom that is calm, honest, and free from comparison. Help us choose tools that serve responsibility rather than master us. Amen.

Use this worksheet to support biblical discipleship and honest family conversation, not to force disclosure or shame unfinished growth. It does not provide diagnosis, treatment, legal advice, emergency assessment, or crisis care.

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