

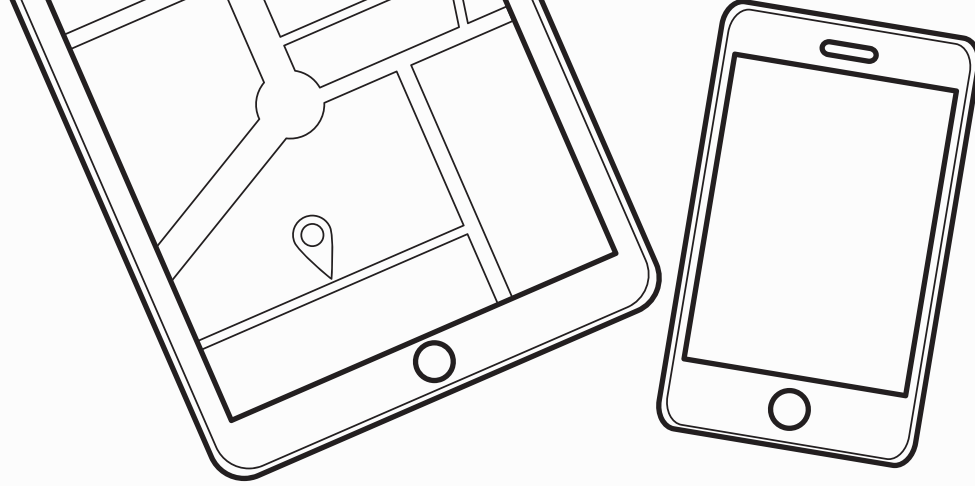


smcc | students

# CELL PHONE GUIDE



A SHORT GUIDE TO HEALTHY TECHNOLOGICAL RELATIONSHIPS



## CELL PHONE GUIDE

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# A MESSAGE TO PARENTS

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Pastor Nick here!

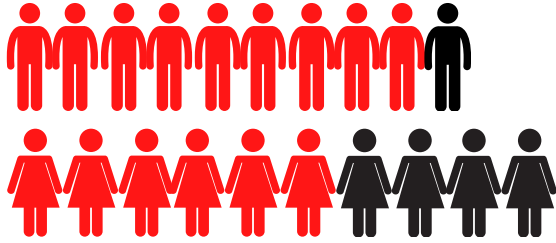
We created this guide as a tool for you to better walk through the huge responsibility your students face owning a cell phone. I am willing to bet a huge amount of stress or frustration towards your student is rooted in how they use their cellphone. We want to partner with you to help your students have healthy habits with their phone. Our hope is this guide will serve as a conversation starter for healthy boundaries and expectations when it comes to your students cell phone habits. From my experience technology without boundaries and expectations is one of the leading causes of harm in students physical, spiritual, mental, emotional, and relational health.

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Hey I'm Pastor Joe.

Step one in this process is understanding your students phone is not theirs. It a phone you provide, pay for, and replace for them as a tool for them to use. It is not their right to have one and it does not cause life threatening harm for them to not have one. I fully believe just as you and I grew up totally fine without a phone, so can your student if need be. It is a privilege you provide, not a right they have. Set the expectation that your student is using your phone. Setting boundaries and expectations of your students phones does not make you a villain it makes you a hero. Before you have a conversation with your student please take a look at the statistics on cell phone use which shows this is not a singular problem but a generational problem. Then use the "How to" section as your launching point. The full force of the Student Ministry staff and volunteers are here to support you and are only an email or phone call away.

# STATISTICS ON CELL PHONE USE



## PORN

90% of boys and 60% of girls are exposed to pornography online before the age of 18.

## BULLYING

About 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once

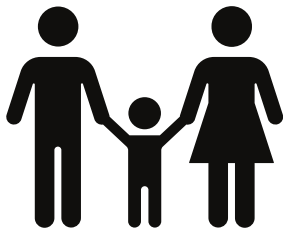


## ADDICTION

Teens spend an average of seven hours and 22 minutes on their phones a day

## SECRETS

71% of Teens have done something to hide their online activity from parents.

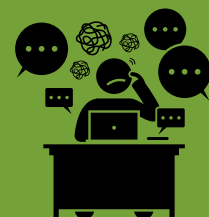


## PARENTS

Two thirds of parents are concerned about their students' cell phone use.

## IN CLASS

Of the teachers surveyed, 67% noticed their students being negatively distracted by mobile devices.  
(Now imagine what the number is at home during COVID-19)





# HOW TO USE THE GUIDE

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## 1. SET THE EXAMPLE

THIS ISN'T DO AS I SAY, BUT DO AS I DO. YOUR STUDENT WILL BE MORE LIKELY TO FOLLOW A RULE THAT THE ENTIRE FAMILY FOLLOWS, RATHER THAN SINGLES THEM OUT.

## 2. ANSWER THE QUESTIONS

EACH PAGE HAS A TOPIC OF DISCUSSION IT INCLUDES QUESTIONS THAT YOU AS PARENTS OR GUARDIANS SHOULD HAVE ANSWERED TOGETHER.

## 3. DISCUSS THE QUESTIONS

THE DISCUSSION QUESTIONS ARE THERE TO HELP YOU FORM DIALOGUE AROUND THE IMPORTANT ISSUES AND REASONS BEHIND CELL PHONE BOUNDARIES.

## 4. GO OFF SCRIPT

THE QUESTIONS ARE NOT MEANT TO BE SAID VERBATIM. THEY ARE DESIGNED TO GET THE CONVERSATION OFF THE GROUND. GO WHERE THE CONVERSATION LEADS!

## 5. SET THE TONE

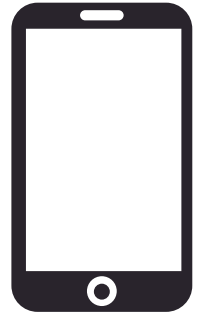
THIS ISN'T LAYING DOWN THE LAW, THIS IS A CONVERSATION. IT IS UP TO YOU TO LET THEM BE OPEN AND HONEST. WHAT IS SAID IN THIS CONVERSATION WILL NOT BE FUEL FOR PUNISHMENT.

## 6. LET TRUST INCREASE

THE RULES YOU INITIALLY SET UP SHOULD NOT BE YOUR RULES FOREVER. LET THEM BE GUARDRAILS FOR YOUR STUDENTS HEALTH, WHICH CAN BE WIDENED AS TRUST INCREASES OR NARROWED AS NEEDED.



# CALLING, TEXTING, AND FACETIME



## PRE-CONVERSATION QUESTIONS

- WHERE DOES MY STUDENTS' PHONE STAY AT NIGHT?
- WHAT ARE THE "NO TECHNOLOGY" TIMES IN THE HOUSE?
- DO I KNOW MY STUDENTS' PASSWORDS?
- DO I ALLOW MY STUDENT TO FACETIME?
- IS MY STUDENT ALLOWED TO ERASE MY CELL PHONE HISTORY OR MESSAGES?
- HOW CAN I MODEL WHAT IT LOOKS LIKE TO USE TECHNOLOGY WELL?

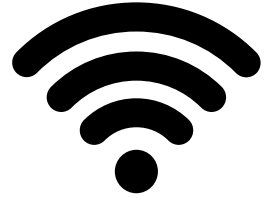
## QUESTIONS FOR STUDENTS

- DO YOU THINK OUR FAMILY SPENDS TOO MUCH TIME ON TECHNOLOGY?
- DO YOU THINK TEENS CAN GET INTO TROUBLE ON THEIR PHONE? IF SO, HOW?
- DO YOU THINK OUR PICTURES AND TEXTS CAN REALLY BE DELETED PERMANENTLY?
- HOW WOULD YOU RESPOND IF SOMEONE SENT YOU A GRAPHIC OR NUDE PHOTO?
- IS YOUR PHONE PRIVATE INFORMATION OR A TOOL TO USE?

## TIPS

- SEE IF YOUR CELL PHONE PROVIDER IS ABLE TO ACCESS YOUR STUDENTS' CALL AND TEXT RECORDS
- GOOGLE HOW TO DISABLE CERTAIN FUNCTIONS OF YOUR STUDENTS PHONES AFTER HOURS OR DURING SPECIFIC TIMES (HOMEWORK TIME OR BED TIME)
- HAVE A ROUTINE OF CHECKING YOUR STUDENTS' PHONE AT UNPREDICTABLE TIMES
- CREATE A PUBLIC CHARGING STATION FOR ALL PHONES IN THE HOUSE

# INTERNET ACCESS



## PRE-CONVERSATION QUESTIONS

- IS THEIR CONTENT I DO NOT WANT MY STUDENT TO VIEW?
- DO I REVIEW MY STUDENTS' SEARCH HISTORY?
- CAN THEY DELETE THEIR SEARCH HISTORY?
- HAVE I HAD A CONVERSATION ABOUT PORNOGRAPHY WITH MY STUDENT?
  - IF YOU DO NOT TELL THEM ABOUT IT, THEIR FRIENDS WILL.

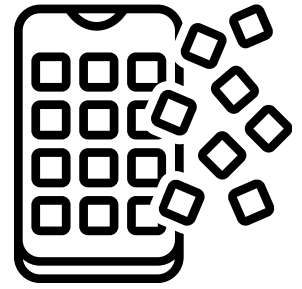
## QUESTIONS FOR STUDENTS

- WHAT HAPPENS ON YOUR PHONE OR INTERNET THAT YOU DO NOT WANT ME TO KNOW ABOUT?
- HAVE YOU SEEN GRAPHIC CONTENT ON THE INTERNET?
- WHERE DID YOU FIRST HEAR ABOUT PORNOGRAPHY?
- DO YOU THINK PORNOGRAPHY IS HARMFUL?
- DO YOU KNOW WHAT IS CONSIDERED ILLEGAL ON THE INTERNET?
- HOW CAN WE PROTECT YOU FROM SEEING HARMFUL CONTENT?

## TIPS

- DISABLE SAFARI, GOOGLE CHROME, OR OTHER BROWSERS
- USE AN INTERNET BROWSER THAT FILTERS GRAPHIC CONTENT
  - PHONESHERRIFF, TEENSAGE, OR CIRCLEGO
- DO NOT SHAME THEM IF THEY HAVE SEEN PORNOGRAPHY OR THEY WILL NEVER TELL YOU AGAIN.

# APPS & SOCIAL MEDIA



## PRE-CONVERSATION QUESTIONS

- SHOULD MY STUDENT BE ABLE TO DOWNLOAD APPS WITHOUT PERMISSION?
- WHAT SOCIAL MEDIA SHOULD MY STUDENT BE ON?
- DO I HAVE ACCESS TO THEIR ACCOUNTS?
- SHOULD THEIR ACCOUNTS BE PUBLIC?
- HOW LONG OR OFTEN SHOULD THEY PLAY GAMES?
- DO I ALLOW VIDEO GAMES TO DISTRACT MY KIDS OR TAKE ALL THEIR TIME?
- IF I TOOK MY STUDENTS PHONE FOR A WEEK, WOULD THEY RESPOND LIKE AN ADDICT?

## QUESTIONS FOR STUDENTS

- ARE ALL SOCIAL MEDIA APPS SAFE?
- ARE SOCIAL MEDIA APPS REALLY PRIVATE?
- WHAT IS APPROPRIATE TO POST ONLINE?
- HOW LONG DO YOU THINK YOU CAN SPEND ON YOUR PHONE WHILE STILL GETTING SCHOOL DONE?
- IS SNAP CHAT A GOOD IDEA?
- CAN SOCIAL MEDIA BE ADDICTIVE?
- HAS SOCIAL MEDIA PROVIDED YOU MORE HEALTH OR INSECURITY?

## TIPS

- REQUIRE A PASSWORD ONLY YOU KNOW TO DOWNLOAD APPS
- HAVE LOGIN ACCESS TO YOUR STUDENTS' SOCIAL MEDIA ACCOUNTS
- SAY NO TO SNAPCHAT...NO EXCEPTIONS
- SET TIME LIMITS THROUGH THE SCREENTIME FUNCTION ON THEIR PHONE



# Contact Information & Extra Resources

## Contact

Middle School Pastor  
Nicholas Cook  
[nick.crook@smccutah.org](mailto:nick.crook@smccutah.org)

Pastor of Student Ministries  
Joe McGavin  
[joe.mcgavin@smccutah.org](mailto:joe.mcgavin@smccutah.org)

## Resources

x3watch  
covenanteyes  
xxxchurch

Safefamilies  
DinnerTime  
TeenSafe

A hand is holding a silver smartphone against a dark background. The phone's screen is black and displays the text 'smcc | students' in white. The phone has a silver bezel and a home button at the bottom. At the top of the phone, there are two small circular sensors, a speaker grille, and a camera lens.

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