

# Questions

## To Ask Yourself To Check Your Teen's Cell Phone Use



Is my child using the phone to inform me about their whereabouts?



Do they keep their phone aside while watching TV or having dinner?

Do they use their phone during studies to only understand assignments or difficult topics?



Do they keep their phone down while talking to someone face-to-face?

Are they able to stay away from the phone while it's charging?



Are they aware of the social media predators, and have they taken steps for safety, such as blocking threats?

Do they have healthy conversations with friends and family over the phone?

