

# THE SMART SOLUTION A FAMILY PHONE

We have spoken to thousands of parents and have heard their reasons why they choose to give their child a smartphone. We also know the concerns and problems that parents have once their children were given a smartphone. Signing the Smart Pledge is one way to help empower parents to take a stand against the negative consequences due to smartphones. But, parents can still have access to their child with the **SMART SOLUTION**.

**It is simple! The SMART SOLUTION is having a family phone that is located in a shared common space. It can be either a landline or a “dumb” phone, a basic call and text only mobile phone.**

Key Factors	Smart Solution	Smartphone
Being able to reach your child	✓	✓
Your child can communicate with friends	✓	✓
Encourages in-person activities	✓	
Promotes executive function growth	✓	
Healthy option for brain development	✓	
Low cost when it is lost or breaks	✓	
Increases risks of depression & anxiety		✓
Decreases distractions completing homework	✓	
Competes against sleep		✓
Requires 3rd party software for transparency		✓
Increases risky online behavior		✓
Hours required to monitor online activity		✓
Designed to be addictive and allows access to addictive content		✓

**The Reasons for smartphone**

- Contact them when needed
- Connecting with friends
- Fear of Missing Out (FOMO)



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It can be a landline or a mobile dumb phone. The phone belongs to the family and not to an individual. That means all eyes can view the text and call history. There is no internet nor apps to expose children to harmful content. No time wasting apps. The dumber and less engaging the better. The phone is to remain on the charger in a shared, common location when used at home and can be taken with someone for travel or an after school event. When they return, it goes right back to it's location and not someone's room. No more distractions during family or homework time! Help grow creativity and executive functioning skills by promoting face-to-face interactions and experiences. No need to worry about installing software. No need to wonder about who is texting and calling. No need to worry about how to contact your child. No need to wonder if your child is getting enough sleep. No need to worry how your child will keep in contact with their friends.

**No need to wonder what the solution is for your family.**



## COMMON QUESTIONS



**Q: Do I have to give my child a phone?**

A: No, you do not. If your child needs to get a hold of you they are no more than 30 ft from a phone at all times. Most adults, especially family friends and school staff, have a cell phone on them at all times. A good way for them to grow in leadership, social and executive function skills is to teach them to approach a trusted adult and say, "Excuse me, may I borrow your phone?"

**Q: At what age should I get my kid their own phone?**

A: If there is a need to get a phone for your family before high school, we recommend getting them a dumb phone. The decision as to when, ultimately depends on the needs and circumstances of each family. You should still set time limits and practice cell phone boundaries such as no phones during family activities and when doing homework, and no phones at the dinner table or in the bedroom.

**Q: Where can I get dumb phone? Most flip phones now have apps and internet access.**

A: Major carriers still offer some versions of their phones that only talk and text. For example Verizon offers the TCL FLIP Pro Voice & Text Only for \$80. T-Mobile offers a call and text watch, that parents set the contacts for for \$10 extra a month. There are also phone companies for kids such as the Gabb phone (and watch).

**Q: My smartphone is a problem for me. Are there any good options for adults?**

A: Yes! There are several higher end dumb phones that can be used for both adults and kids. They are more expensive than a basic call and text flip phone but they have features such as maps, call and text messaging, the ability to upload music and podcasts without internet access and apps. If you are interested, check out either the Wise Phone or the Light Phone. Otherwise, try leaving your smartphone plugged in on the weekend and take the family phone with you!