

# SAFE kids HEALTHY kids HAPPY kids



## More Cell Phone 101 for Parents

You know your teen.  
Do you trust him?  
Chances are, if he  
is honest with you  
about other  
actions, he will  
be honest with  
you about how  
he uses his phone.  
It never hurts, however,  
for parents to be informed.



- Talk to your teen about proper cell phone use.
- Ask your teen about how he uses his phone. Does he play games? Does she download games? How much does it cost to download? Does he ever watch videos? What kind of videos? Does she use a Web browser? What type of wallpaper is on his phone?
- Look at the games he has downloaded.
- Read the monthly phone bill carefully. Extra charges can get out of control. Call the phone company if you have questions.
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- Question your teen about phone numbers and phone calls on the monthly bill. Know who she is calling.
- Discuss your teen's use of text messaging? Ask who, what, where, why and when. Get examples of messages she sends.
- Teach your teen character traits like honesty, compassion and respect for others. Cell phones can be used to bully others.

You cannot control what your teen does on his cell phone. But, just asking questions and being “in-the-know” will make her think first and use caution.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.