

MONTHLY PHONE SAFETY CHECKLIST



Ten minutes, child present, tone of maintenance. Same day each month.

- ☐ App list swiped through together: anything new gets explained by them, not interrogated by you
- ☐ Install and delete history glanced at (app store account history)
- ☐ Friends, followers, pending requests on TWO apps (rotate monthly): "who is this?" asked lightly
- ☐ Privacy, DM, and location settings still as agreed (updates reset things)
- ☐ Payments, subscriptions, and any game currency that arrived from outside the family
- ☐ Linked devices and active sessions on their main accounts
- ☐ Any VPN installed? A question, not a verdict
- ☐ Screen time report: what happens after 22:00?
- ☐ Family tool links still connected (TikTok, Meta, Snapchat, Discord, console)
- ☐ One open question, phone down: "Anything online lately that felt off, even slightly?"
- ☐ Phone handed back; something normal happens next

Date: _____