

# Are you helping your family practice healthy wireless habits?

Use this checklist to help keep your kids safe online and practice responsible wireless use together as a family.



Check privacy settings and tools on all your family's phones, tablets and smart watches.



Talk to your kids about responsible phone use and set wireless rules that work best for your family.



Choose age-appropriate devices and services, and restrict adult content across devices and apps.



Download free tips and tools available for parents and caregivers at **MobileParent.org**.



Learn more at [MobileParent.org](https://www.MobileParent.org)

