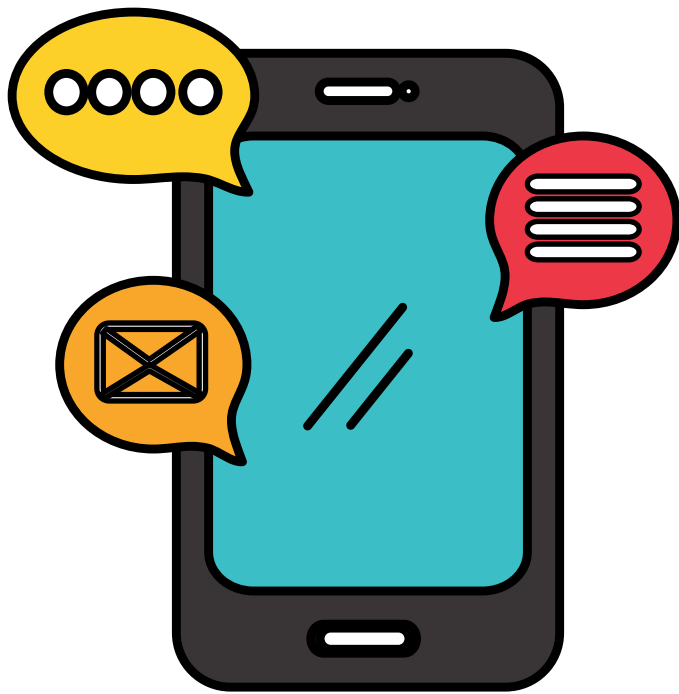


# A Conversation Guide FIRST PHONE



Calvary Family Ministry supports families to Capture Moments: Leverage this First Phone moment as a family for Christ-centered conversation and celebration.

# First Phone: A Conversation Guide

## For Parents and Kids

This resource has been created as a parent-kid conversation guide to accompany the milestone of getting a first phone. It's designed to foster open communication, celebrate independence, and build wisdom and trust. You can use it as a sit-down conversation, a shared journaling activity, or a guide for a walk or car ride. Make it your own and have fun connecting with your child!



### 1. CELEBRATE THE MILESTONE

Express that getting a phone is a big deal! Your child is being given more independence and trust, and that's something to celebrate.

Ask:

- What are you most excited about having a phone?
- What do you think it shows about how you're growing up?

Activity:

Write or say one word that describes how you feel today. (Both parent & teen share.)

### 2. TALK ABOUT VALUES

Share how having a phone is more than having a device—it's about how you use it to live out your values and make wise choices.

Ask:

- What kind of things do you want your phone to be used for most?
- How can your phone help you grow as a friend? A learner? A son/daughter/sibling? A Jesus-follower?

Activity:

Together, brainstorm a short list of 3 "Phone Values" (e.g., respectful, kind, balanced) and write them down or add them to your Notes app.

### 3. SET EXPECTATIONS (TOGETHER)

Talk about freedom and responsibility. Share that your child is capable, and that you want to set them up for success—not just rules, but rhythms that help them thrive.

Ask:

- What boundaries do you think are healthy for screen time, social media, or gaming?
- What should happen if something gets out of balance or goes wrong?

Activity:

Discuss and/or create a “Cell Phone Agreement” you can both sign. (See attached.)

I can use my phone from \_\_\_\_\_ to \_\_\_\_\_ each day.

I agree to unplug during \_\_\_\_\_

If I mess up, I know I can \_\_\_\_\_

If I see something confusing, I will \_\_\_\_\_

### 4. STAY CONNECTED

Express that you care more about their heart than their phone habits and share that you want to continue talking about healthy phone use as they continue to grow.

Ask:

- What would help you feel safe and supported in using your phone?
- How can I be someone you trust with questions or concerns?

Activity:

Create a “Code Word” that your teen can text you if they’re ever in an uncomfortable situation and want help, without questions, in the moment.

## 5. PRAY TOGETHER

Finally, invite God into this moment and into this important part of your life (parents, too!) He cares about all of it—even how we text, scroll, and connect. (See attached Phone Prayer if helpful)

Activity:

Take turns praying for:

- Wisdom in how the phone is used
- Strength to make good choices
- Connection between you as parent/teen as well as friends, family, teammates, teachers and beyond.
- Protection and peace in every digital space

## BONUS ACTIVITY: Creative Expression

Invite your teen to:

- Create a background screen with a Bible verse or quote that reminds them of who they are
- Customize notification sounds that match your connection (e.g., a unique tone for “Mom” or “Dad”)
- Add contacts and place a symbol (sunshine, basketball, heart, etc) to specific names (Dad 🏀)

**FAMILY MINISTRY**  
*at Calvary*



# Cell Phone Agreement

## For Kids

Getting a cell phone is a big deal! And we think you're ready for this next big step toward becoming responsible with technology. You will be communicating with the world in a whole new way!

This device is a powerful tool that can be used for good, but also for harm—whether that's harm to you, or harm to others. So, to keep you safe, let's agree on some smart guidelines for how and when you will use it.

Read through the following list and initial next to each item to show agreement with each point.

- |   |   |
|---|---|
| _____ I understand that having a personal phone comes with great responsibility. I realize that I can't have full access at once, but can earn more freedom over time.  | _____ If I receive any inappropriate images, I will tell my parent(s). I know I will never get in trouble for something that someone else sends me as long as I tell someone.   |
| _____ I will always share my password(s) with my parent(s). This also includes social media accounts.   | _____ I will tell my parent(s) if I'm being bullied or harassed by anyone, or if I receive something alarming from someone I don't know.  |
| _____ My parent(s) has/have the right to look through my phone at any time and without my permission. I know this is for my safety as I learn to make wise decisions.   | _____ I am aware that my parent(s) will occasionally track my location using features associated with my phone. This will keep me safe and help to earn more freedom over time.   |
| _____ I will not take my phone to my room at night, but will leave it (Location:) _____ by _____ p.m.   | _____ I understand that there will be filters in place to limit my access to the internet; these are for my safety.   |
| _____ When I start to drive, I will <b>never</b> text and drive. Not only is it dangerous, but it's illegal.  | _____ I will request permission for the apps I download. I realize that I may be told no, especially when there are age limitations.  |
| _____ If I lose or damage my phone and want to repair it or replace it, I will work to earn the money.  | _____ Just like I would be careful who I invite into my room, I will not video call anyone from my room or in private.  |
| _____ I will always show good manners to any person who is in front of me by putting my phone away and looking into their eyes when they are talking.   | _____ If I break this agreement, I know this phone will be taken away for a period of time until I can regain trust.  |
| _____ I will never bully or harass anyone using my phone. That includes joining in on conversations that tease or make fun of others.   | _____ I understand that how I use my phone will impact my future in ways I may never know. My goal is to learn to be responsible with how I use this powerful tool, and to always use it in positive ways. I know that this also means that even when I'm older, I will need to seek accountability from others to help me make wise decisions. |
| _____ I understand that texting, sending, or posting naked pictures (or pictures of private parts) can forever damage my reputation and get me into serious legal trouble. I will never send these types of photos. |   |

Signature

Date

# Cell Phone Agreement

## For Parents

Parents, you aren't off the hook on this one. It's your turn to agree to a few guidelines, too.

Read through the following list and initial next to each item to show agreement with each point.

- |   |   |
|---|---|
| _____ I understand that when my kid gets a smart-phone, they will have instant access to the world. The way I help them learn to use it responsibly, by gradually earning more freedom, will help keep them safe and set them up for a better future. | _____ Our family will use tracking features on our devices so each family member knows where we are at all times. This is for safety and convenience.                             |
| _____ How I use my personal phone is a model for how my kid learns to use theirs.   | _____ I care enough about the safety of my kid to put filters in place to limit their access to the internet.   |
| _____ I give _____ the right to look through my phone at any time. I know this is a helpful safeguard for me, even as an adult.   | _____ I will abide by the age limitations of apps when giving my child permission to download them. (A family sharing plan requires a child to ask permission for app downloads.) |
| _____ I care enough about my kid to monitor their cell phone usage and social media accounts.   | _____ I will always work to use technology in positive ways and will continually seek accountability from others to help me make and model wise decisions.                        |
| _____ I will <b>never</b> text and drive.   |   |
| _____ I refuse to be rude to others when using my phone, and will prioritize face-to-face conversations, especially with my family.   |   |

Signature

Date

# Phone Prayer

Heavenly Father,

Today marks another step in growing up—and we invite You into it. As (kid's name) receives their first phone, we pause to pray—not just over a device, but over their heart, their habits, and the way they'll use this tool in the world.

We ask for Your presence in four key areas:

## **1. Wisdom – Choices that Honor You**

Lord, help them to think before they text, scroll, or share.  
Give them discernment about what's good, what's true, and what's helpful.  
Let Your Word be the filter for their digital choices, not just what's trending.

## **2. Connection – Rooted in Real Relationships**

May this phone be a bridge for friendships, not a wall.  
Help them use it to stay close to family, show kindness to others, and express love thoughtfully.  
Let them know that their worth is never based on likes, follows, or replies—but on being fully known and fully loved by You.

## **3. Independence – Freedom with Responsibility**

We celebrate this step of trust. Help them grow in responsibility and maturity.  
Teach them to manage time well, to unplug when needed, and to use this tool with self-control.  
Let this be a season of learning—not just how to use a phone, but how to live with integrity.

## **4. Safety – Protection in Every Space**

Guard their heart, mind, and eyes from anything harmful or confusing.  
Surround them with good influences—online and in person.  
Help them to come to me when they need help or feel unsure, and remind them that You are always near.

And Lord, help me as their parent: to lead with grace, to set wise boundaries, and to walk with them through every stage of growing up—digitally and spiritually.

May this phone not just connect them to the world, but remind them that they are never disconnected from Your love