



## Weekly Phone/Device Monitoring Checklist

- Screen lock – can I get into the phone?
- Home Screen (general)
  - Any new apps? (only parents to know iTunes/Google Play password to block this)
  - New folders/organization?
- Settings
  - Notifications: What notifications could be distracting them?
  - Screen Time (Apple) – How is time spent? What websites are visited?
    - New app limits needed? Downtime sufficient?
  - Privacy: What apps have access?
    - Analytics - pulling data from anywhere suspicious?
  - Apps: Messages – MMS Messaging on/off
  - Safari/Chrome: Web history - cleared? suspicious?
  - All – What apps can access location? Send Notifications? Use cellular data?
- Messages
  - Do contacts have real names? (vs slang, numbers, or emojis)
  - Text threads: Appropriate? Kind? Truthful?
  - Appear to be deleted?
- Pictures/Video (age recommendation: High School)
  - All folders: Appropriate? Humble? Legal?
- Social Media (general age recommendation: 16)
  - Can you access? Do you know the password?
  - Posts: Appropriate? Kind? Humble? Legal?
  - Followers/Friends: How many? Do I know them/does my child know them? Are their posts appropriate?