

AM I READY FOR A PHONE?

Instructions: Rate each sentence from 1–5. Once you’ve finished each part, total your score for that part.

1 = Strongly disagree | 2 = Disagree | 3 = Unsure/Sometimes | 4 = Agree | 5 = Strongly agree

Section 1: Character & Responsibility

Total:

I complete homework and other responsibilities without being asked or reminded.

I independently manage my time well and follow through on my commitments.

I am responsible with my money and belongings.

I maintain good personal hygiene without reminders.

I remain respectful, calm, and kind when things don't go my way.

I can respectfully communicate my ideas, needs, and desires.

I am consistently kind to my family, friends, and authority figures.

My identity comes from being made in God's image not the approval of others.

I communicate and collaborate on my plans with my parents so my family can coordinate schedules.

I'm a team player who helps my family, house chores, and schedule run well.

I receive feedback from my parents with a good attitude and without arguing.

Section 2: Stewarding Relationships

Total:

I follow my family's rules.

I value face-to-face relationships.

I have screen-free hobbies and activities that I enjoy.

I can be content without a screen for extended periods of time.

I can navigate feelings of boredom without turning to a screen.

I spend more time creating, serving, or learning than consuming entertainment.

I can have fun and respectful conversations with adults and my parents.

Section 3: Worldview & Discernment

Total:

I can describe the six major worldviews.

I can identify competing worldviews in movies and culture.

I can think critically about ideas before accepting them to be true.

I can explain the biblical metanarrative.

I take initiative to identify and process through difficult ideas with family and friends.

Section 4: Practical Considerations

Total:

I need a phone for essential communication.

My parents think I'm ready for a phone.

Step Two: Analyze each section's score.

After completing the assessment, add the points for each section and put your score next to each section. Depending on your score, each section will be categorized into one of four designations:

Build a stronger foundation



Continue Growing



Nearly Ready



Ready



Draw the icon next to your score on the assessment page. Being ready in each section implies that you might be ready for a phone.

	Build a Stronger Foundation	Continue Growing	Nearly Ready	Ready
Character & Responsibility	11-32	33-43	44-49	50-55
Stewarding Relationships	8-23	24-31	32-35	36-40
Worldview and Discernment	5-14	15-19	20-22	23-25
Practical Considerations	2-4	5-7	8-9	10

Step Three: Have a Conversation

Discuss your answers with your parents:

- Having taken this evaluation, what are your thoughts on your technology habits? What's good and what's bad?
- What are your parents' thoughts on your technology habits?
- How did you feel after you saw your results?
- What do you think real life looks like? Do you think your technology gets in the way of real life?
- Do you wish anything about your technology use was different?
- What changes do you think you might want to make after taking this evaluation?
- Where do you think you might need support in navigating technology differently?
- If you are ready for a phone, what boundaries do you think should be in place for using technology in a healthy way?
- If you aren't ready for a phone, what practices and habits can you implement that will help you be more ready for a phone?

Step Four: Make a Plan

Make a plan with your parents if you're scoring low in any area about how you can become ready for a phone! Pick 2-3 things you want to work on in this season. Once all your growth areas are green, take the evaluation again to see if you are ready for a phone. You may need to create a plan several times before you are ready.

Desired Growth Area:	Growth Plan:	Check-In Plan:	Progress: (Green, Yellow, or Red)
<i>Example:</i> Become a team player who helps my family, house chores, and schedule run well.	• Complete assigned chores on time without being reminded. • Communicate plans with my parents to make sure they are approved and added to the family calendar. • Have a positive attitude about family events and tasks.	Every Wednesday morning, with Mom and Dad at the kitchen table.	Update your progress during each check-in until all areas are green.