

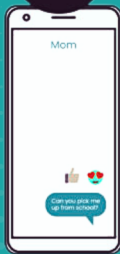
ADHD Dude Smartphone Guidelines For Parents

(Used in conjunction with phone contract)



1

Below Age 11



Basic phone such as Bark or Pinwheel that do not have access to internet or social media

2

Age 11

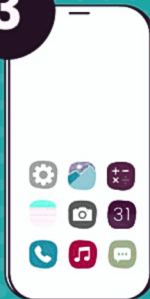
See downloadable contracts in the downloadables section of ADHD Dude Membership Site



Try basic smartphone that can play music, text, kid-friendly games, no internet or social media access. If can't handle it, go back to step 1

3

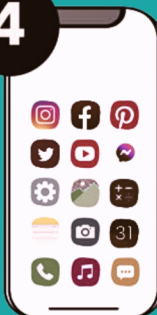
Age 12-15



Add restricted internet and a few apps that are not social media
Increase apps allowed with level of responsible use.

4

Age 16



Add social media, after social media contract is signed.