My first-phone pitch

Fill this out and hand it to your mom or dad

1. Why a phone actually helps right now

example: texting after practice, walking home, reaching friends

2. Where it will charge every night

example: kitchen counter, never in my bedroom

3. My school-night off time

example: 7:30 pm, with a regular alarm clock in my room

4. The apps I want to start with

example: calls, texts, maps, camera, music, no endless scroll

5. What happens when I want a new app

example: I ask first and we decide together

6. The date we check in to unlock more

example: my next birthday or the end of the school year

Show this to your mom or dad.

How to convince your parents for a phone

Answer these 5 worries before they even ask

1. **"You'll be glued to brain rot all day."**
   Offer to start without endless feeds, keeping the videos and friends without the infinite scroll.

2. **"You'll stay up half the night on it."**
   Offer to charge it in the kitchen every night and use a regular alarm clock.

3. **"A new phone costs too much."**
   Suggest the old iPhone already in the junk drawer instead of a new phone.

4. **"I don't want to fight over it every evening."**
   Ask for a schedule the phone runs automatically at school and bedtime.

5. **"Once you get it, it's all or nothing."**
   Propose a learner's permit: start basic, and put a date on the calendar when more opens up.

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The first-phone learner's permit

A real iPhone that opens up as you get older

1. **Stage 1: The basics.**
   Calls, texts with family and friends, camera, maps and music. Kitchen charger at night.

2. **Stage 2: Videos without the endless scroll.**
   Chosen channels and hobbies, autoplay off, pages that actually end.

3. **Stage 3: More friends & apps.**
   Group chats and new apps picked together, plus a later weekend off time.

4. **Stage 4: Your own day to run.**
   Fewer schedules, more freedom, because you've already practiced handling it.

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