

# Simple Phone & Watch Options



**Keep phones and watches simple until high school!**

Take it slowly - roll out a simple solution with talk and text only.

More apps (especially social media) means more parenting + distraction + risk.

Change local norms as a community to reduce pressure on kids & parents and support a healthy childhood.

Get support:  
info@screensense.org

	Home phone	Flip phone	Smartwatch for kids	Limited Access Phone	Apple Watch	Smartphone designed for kids	iPhone set up for talk & text ONLY
	 <a href="#">Ooma</a>	 A wide variety of options.  More info: <a href="#">dumbphones</a> <a href="#">dumbwireless</a>	 <a href="#">Gabb</a> <a href="#">Gizmo</a> <a href="#">Garmin</a> <a href="#">Cosmo</a> <a href="#">Bark</a>	 <a href="#">Pinwheel</a> <a href="#">Gabb</a> <a href="#">Light Phone</a> <a href="#">Wisephone</a>	 <a href="#">Apple Watch</a> Parent must have an iPhone. Remove App Store, web browser, and distracting apps. Set up School Mode.	 <a href="#">Bark</a> Monitored social media available  <a href="#">Troomi</a> Social media unavailable	 Remove App Store, web browser, and distracting apps. <a href="#">Watch video tutorial</a>
<b>Features</b>							
Talk	✓	✓	✓	✓	✓	✓	✓
Text		✓	✓	✓	✓	✓	✓
GPS Tracking		Available on some brands	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
App Store				Proprietary App Collection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Video Games					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Web Browser					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social Media					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>