

## Digital Wellbeing for Families Workshops

### Activity Block: Ensuring Balanced Device Use in the Family

#### Drafting a Digital Family Agreement

**Time needed:** 15 minutes

**Age suitable:** All ages

**Objective:** *Shared rule-setting, agreement on key points of a digital family contract*

**Method:**

1. Parents and children to sit together in small family islands (chairs close, facing each other). Briefly explain the aim: *“In the next 15 minutes you will start a private family discussion about your digital life together. There are no right or wrong answers; each family decides what works for them.”*
2. Show the Digital Family Contract (or a slide/flipchart) and briefly name the 10 areas it covers, using one simple question/example per topic so families know what they will talk about.
3. Distribute the Digital Family Agreement template and provide instructions, explanations if needed.
4. Invite 2–3 families (volunteers only) to briefly share one idea they liked (not personal stories, just rules or practices) and remind them that they shall continue working on their contracts at home.

**Facilitator tips:** You can use the resource titled as ‘10 tips for digital wellbeing worksheet’ . You can use other templates as well.

#### Tech-Free Hour Bingo

**Time needed:** 15 minutes

**Age suitable:** 1-13 years old

**Objective:** *Raise awareness of a healthy balance between technology and too much technology*

**Method:**

1. Together, parents and children should brainstorm and list digital activities (ie. watching films, using social media, playing online games, reading online) and non-digital activities (ie. handicrafts, outdoor activities, sports, social programmes, etc.).
2. The trainer creates Bingo cards with these activities and asks families to reflect on their past week and cross off those activities they have done in a certain period (e.g. last weekend).

**Facilitator tips:** As a facilitator you may need to bring the following materials: Pre-created Bingo sheets with digital and non-digital activities.