

Digital Wellbeing for Families Workshops

Activity Block: Empowering Interdependence within the Family Unit

Retro-Tech Museum Race

Time needed: 10 minutes

Age suitable: All ages

Objective: *Learners will be able to express empathy when engaging with people of other generations.*

Method:

1. The trainer prepares obsolete gadgets (e.g. a tamagotchi, a walkman, an analogue camera, old mobile phone) and asks children to figure out what those gadgets could have been used for (making phone calls, taking photos, listening to music, etc.). Parents can help with hints and can name the gadgets.
2. Parents explain to their children, what they were used for and how they felt about the gadgets when they were younger.
3. Children try to give the comparison gadgets they use today that are of a similar function.

Facilitator tips: Gather obsolete gadgets and bring them to the workshop. No slides/handouts needed.

How important is your device?

Time needed: 10 minutes

Age suitable: All ages

Objective: *Learners will be able to identify key values important in digital interactions.*

Method:

1. Parents and children reflect together on what boundaries mean and why they are important (e.g. for safety, building trust, growing responsibility). The trainer facilitates a group discussion using guiding questions such as:
 - What are boundaries?
 - Why are they important?
 - How are boundaries currently managed in your household?
 - Can you think of a situation that could be improved by having clear boundaries?
2. The trainer explains the difference between “hard” and “soft” boundaries (e.g. some rules can be flexible, while others must be respected at all times).

3. Parents and children are encouraged to think about their own non-negotiable and flexible boundaries, and how these may change over time as children grow.
4. Based on the discussion, each parent-child pair creates a visual “Family Boundaries Agreement” poster. This can be done digitally or in paper format.

Facilitator tips: As a facilitator you may need to bring the following materials: Tablets/PCs/Canva or posters and art supplies.