

10 TASKS

FOR THE DIGITAL WELL-BEING OF OUR FAMILY

Tackle the tasks together! And if you're short on time right now, feel free to finish them at home!

1 DAILY TIME WITHOUT SCREENS

Just check the box that you feel comfortable with. Feel free to add any extra points!

I promise to set aside the devices and not use them during the following family moments:


<input type="checkbox"/>	<input type="checkbox"/>	shared meals, daily chats,
<input type="checkbox"/>	<input type="checkbox"/>	shorter getaways, outdoor
<input type="checkbox"/>	<input type="checkbox"/>	adventures
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	

parent

child

2 DAILY TIME SPENT ON SCREEN

A day has 24 hours and in that time, we juggle countless tasks, responsibilities, and activities. It's also important to carve out some time for rest and relaxation. So, how much time should we set aside for screens? For this exercise, you'll find an extra page with two circles (one for the parent and one for the child). One circle represents the 24 hours (with 24 slices), and you'll need to break this down to include your essential daily activities. Once everything has its spot, add your daily screen time at the very end. Feel free to color and doodle on the diagram! Start with the child's circle together, and then the parent can create their own circle separately.




3 SLEEP TIME WITHOUT DEVICES

Here are five reasons why it might be a good idea to leave your phone, tablet, or laptop out of the bedroom at night. Consider using a classic alarm clock instead of your phone.

- Better sleep quality: Without the blue light from screens, you're more likely to fall asleep faster and enjoy deeper rest.
- Reduced distractions: Keeping devices out of the bedroom means fewer temptations to scroll through social media or check emails when you should be winding down.
- Improved focus: A tech-free zone can help you concentrate on relaxing activities like reading or meditating before bed.
- Enhanced intimacy: Without screens, you can spend more quality time with your partner, fostering better connections.
- Healthier habits: Establishing a bedtime routine without devices can lead to more consistent sleep patterns and overall well-being.

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Have a chat about how your family might set up a bedtime routine without devices. What steps would you take to make sure everyone gets a good night's sleep without screens?

Parents will:

Children will:

4 KINDNESS AND RESPECT IN THE DIGITAL WORLD

Chat with each other and answer these questions:

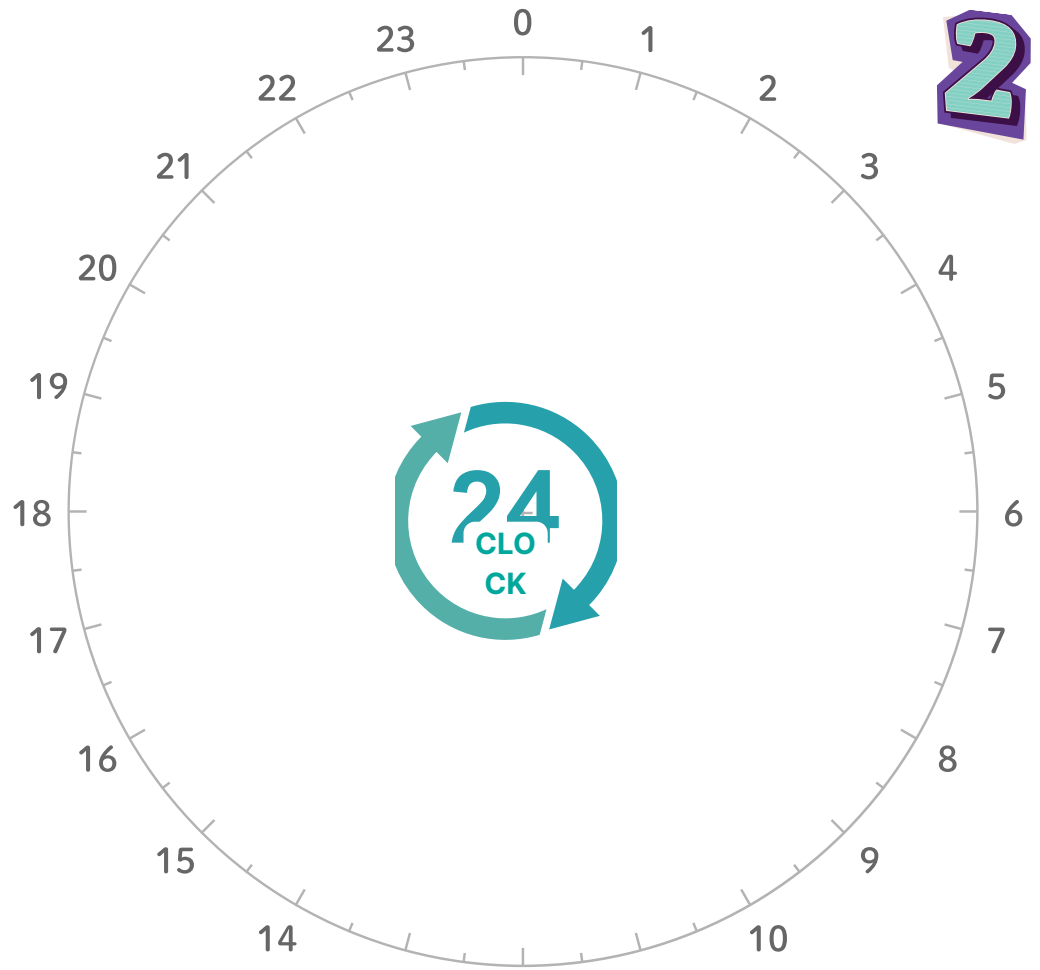
For kids	For moms and dads
Do you believe that kids and teens always navigate the online world in a kind and respectful way?	Do you believe that adults and parents always treat the online space with kindness and respect?
What do you think should happen if a child you believed was your friend begins posting hurtful stuff in messages or comments?	What would you do if your public profile got bombarded with nasty, offensive comments aimed at ruining your reputation?
Have you ever had someone treat you unkindly or disrespectfully? I'd love to hear your story!	Do you believe that people are mostly kind and respectful to one another? And what can we do together to improve this?

Here are three rules you might want to keep in mind when chatting with others online, commenting, or dealing with disrespectful behavior:

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CHILD

- take naps and relax during the day
- meals
- morning and evening routine
- education and knowledge
- workouts, outdoor fun, pastimes
- staying connected with family, visiting grandparents, hanging out with friends, one-on-one chat
- housework
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- time spent commuting (e.g. to school, practice, etc.)
- virtual learning, virtual assignments, virtual development activities
- staying connected online or by phone with family and friends who live far away
- additional screen time



PARENT

- take naps and relax during the day
- meals
- morning and evening routine
- work
- workouts, outdoor fun, pastimes
- staying connected with relatives, spending time with family, catching up with friends, one-on-one chats
- housework
-
-
-
-
- Time spent commuting (to work, exercising with kids, etc.)
- virtual education (like language classes, courses, training sessions, etc.)
- staying connected online or by phone with family and friends who live far away
- additional screen time

• Just a reminder! If the final outcome feels overwhelming, you can always choose to adjust your daily routine, fine-tune it, and set goals to make sure everything that matters to you fits into a single day! The key is to aim for a balanced result, where you include not just your responsibilities and fun, but also some well-deserved rest in the right amounts!

DATA PRIVACY AND SAFE SHARING

5

Think about the types of content you'd be comfortable sharing in different settings. For instance, what would you post for everyone to see? What about stuff you'd only share with your followers or friends? And then, what's the kind of content you'd keep just for your close family or best friends?



LET'S TALK ABOUT IT IF SOMETHING UPSETTING HAPPENS ONLINE

6

Talk about a shared password or passphrase that you can whisper to each other at home. This way, it signals that you need to discuss something you found online that was upsetting, scary, or made you feel bad. With this password or phrase, it'll be easier to kick off conversations about tough topics.

8

HANDLE DOWNLOADS AND PURCHASES

Just check off the things you can do to keep yourself safe while using apps and shopping online. Feel free to add to the list if you think it's needed!

- I only download apps if my parents say it's okay. I only spend
- money on games when I have their permission. I educate
- myself about online fraud tactics so I can spot them if I ever come across a scam. I make online
- purchases thoughtfully and with caution.

7

SOCIAL MEDIA USAGE AND RESPECT FOR AGE RESTRICTIONS

Social media can be super appealing, but remember, it's officially not allowed for anyone under 13! So, what do you think the reason is behind that? Why do platforms like YouTube, Instagram, TikTok, Facebook, Messenger, and Snapchat suggest that kids under 13 should steer clear or only use them with close parental supervision? What are the risks, dangers, and concerning content that lead to this age restriction?

So, what's the best course of action in certain situations? If someone, whether they're under 13 or over 13, comes across a specific risk or phenomenon, what steps should they take?

9

DIGITAL FOOTPRINT AND ONLINE REPUTATION



Let's chat about what could be part of someone's digital footprint. After that, you can begin jotting down your own "collection" of what makes up your digital footprint on the back of the paper.

REGULAR CHATS AND FEEDBACK

10

By signing, I'm agreeing to keep an open mind about revisiting the rules every now and then if needed, and that we'll check in together regularly to see how the things we've agreed on are going. Plus, it means we won't just discuss the online world when issues come up.

Signature

Signature

Parent's online footprint:



Child's online footprint:

