

Parents ask: How much media time is good for my child?



Target group	Adult learners
Setting	<ul style="list-style-type: none">• Frontal lecture• Group work• Individual work
Time	120 minutes

MATERIALS NEEDED

MATERIAL	Y/N
PROJECTOR	Y
Flipchart	Y
Printed handout	Y
Other (please specify): Card-paper, colour paper, colour pens, printer	Y

ACTIVITY DESCRIPTION

Frontal lecture

Digital media play an important role in children's lives. They offer them opportunities to learn, play and discover.

Raising children to use digital media responsibly is not easy for parents. Increasing digitalization during the Covid-19 pandemic poses new challenges for parents and triggers many contentious issues within the family, such as screen time. When is it time for a chat, game, or movie break? Parents need tips, creative ideas on how their children can develop media literacy.

And instead of bans, children need clear rules about their digital activities.

Above all, talking to each other helps parents and children both to check their own media behavior and to learn from their own experiences.



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ACTIVITY DESCRIPTION

Times of use and rules (PPP)

- Until 3 years
- 4-6 years
- 7-10 years
- 10 – 16 years

Finding rules - avoiding disputes

Work in groups

Brainstorming your own time of use (Board picture)

Brainstorming the children's time of use (Board picture)

exchanging ideas about guidelines that are fun for the children, fit into everyday family life, but also leave enough time for other activities. (round table)

Individual work

Create a media use contract, individually or collectively, e.g.:

https://youtu.be/pnlgVSriS_c

<https://www.mediennutzungsvertrag.de/>

Design media vouchers:

https://www.klicksafe.de/fileadmin/media/documents/pdf/klicksafe_Materialien/Eltern_Allgemein/Mediengutscheine_klicksafe_Deutsch.pdf



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LEARNING GOALS

Digital skills

- Teach responsible use of media
- Find a good balance between digital and analog interests

Tips for digital education as a support offer for parents

METHODOLOGY(S) USED

Frontal teaching

Lecture on the topic of media usage times, (material: PPP)

Work in groups

Exchange/discussion

Individual work

Review own media use behavior/Creative ideas for finding rules: media use contract/ media vouchers



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ONLINE RESSOURCES

<https://www.klicksafe.de/eltern/elternfragen-konkret/>

<https://www.schau-hin.info/grundlagen/medienzeiten-feste-bildschirmzeiten-fuer-kinder-vereinbaren>

<https://www.mediennutzungsvertrag.de/>

<https://www.eltern-medienfit.bz/de/10-tipps-1171.html>

<https://www.genitori-connessi.bz/it/10-consigli-per-genitori-1171.html>

Co-funded by the
Erasmus+ Programme
of the European Union



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