

DIGITAL PACT BETWEEN FAMILIES

"YES" TO DIGITAL, BUT AT THE RIGHT TIMES AND WAYS!

Smartphones, video games, apps... **what is the right age?** What are the rules for a safe use?

Experts suggest approaching digital technology gradually, but it is difficult for a family to resist the **insistence** of children who interact with peers and influence each other.

Wouldn't it then be easier to **reach an agreement first between families?**

Hence the idea of this **digital pact between families** born thanks to the discussion between over 200 parents, with the support of the schools and the experts of the MEC Association.

THE 5 RULES

FOR PRIMARY
SCHOOL



PRIMARY SCHOOL SMARTPHONE-FREE

Avoid handing over a **personal smartphone** during primary school; there are other solutions to approach digital technology with greater security and gradually.



APP AND SOCIAL ACCORDING TO AGE

Social networks like **TikTok and Instagram** are prohibited by law before the age of 13. According to experts, there are serious reasons to respect the limits indicated by the apps, related to privacy, personal safety and psychological effects.



VIDEO GAMES AND SUITABLE VIDEO CONTENT

Check the **PEGI** code of the video games (details on the back), check the recommended ages and the content of videos, YouTube channels, TV series and films watched by our children.



ON THE WEB ONLY WITH YOU

Allow browsing and searching for online content only with adult supervision, blocking **contact with strangers** even in online video games. Parental control settings and apps can be a very useful resource.



CLEAR LIMITS ON TIMES AND PLACES

Agree rules on times and places, avoid use **before sleep time and in the bedroom**, control total hours (no more than 2 hours in the same day) and define **screen-free days** on a regular basis.



SIGN THE "DIGITAL PACT BETWEEN FAMILIES"
SCAN THE QR CODE → WITH YOUR CAMERA
OR THROUGH THE WEBSITE FVG.PATTIDIGITALI.IT



WHICH RISKS?



Scientific research tells us that the incorrect use of digital screens can cause:

PHYSICAL PROBLEMS

Increased vision and posture problems, sleep and eating disorders.

COGNITIVE PROBLEMS

Difficulty concentrating and learning, decreased attention span, decreased creativity.

PSYCHOLOGICAL CONSEQUENCES

Fears and traumas related to watching adult content. Anxiety and personal devaluation in the face of distorted aesthetic and success models on the web and social media.

ONLINE CRIMES AND DANGERS

Violation of privacy, online insults and offenses, cyberbullying, contacts with malicious people, emulation of dangerous online challenges.



ADDITIONAL INFORMATION

IS THERE A RIGHT AGE FOR SMARTPHONES?

According to many experts, **personal smartphones** are not suitable for primary school. In fact, many advise to wait at least until the seventh grade. There are many alternatives to use the internet safely: for example a **tablet** or a **PC**, easier to check and leave at home when not in use! Don't forget the possibility of using an "old-fashioned cell phone" if it is necessary to communicate with the parents.

HOW TO CHOOSE VIDEO GAMES? WHAT ABOUT THE VIDEO CONTENT?

We are helped by the **PEGI system** which indicates the recommended age for each video game on the market www.pegi.info. Particular attention should be paid to online games that allow contact with strangers. Even the choice of **videos and TV series** deserves attention: many platforms have filters, others require parental supervision. **Parental controls** are useful tools and are now available on all devices.

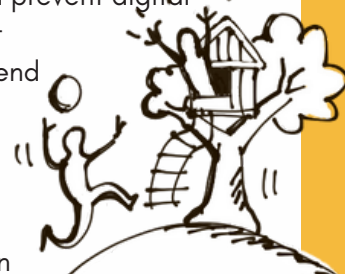
RULES, LIMITS AND "NO SCREEN" DAYS

The main advice from the experts: **avoid screens during meals, before sleep** (at least half an hour before) and before going to school. Do not exceed a total of two hours a day, take frequent breaks and **days without screens** (every week) to encourage alternative activities, sociality and prevent digital addictions. Avoid using screens in the bedroom and in places where there is no adult supervision. Finally, let us recall the importance of the example of adults: why not spend days **without screens with the whole family?**

CONSCIOUS, POSITIVE AND DIDACTIC USE

Digital skills will be fundamental in the future of our children.

For this reason it is important not to limit oneself to the rules, but to speak and reason with their children about what they do and what interests them online. Support **creative use** and the use of the web to **get information and to learn new things** by teaming up with other parents and with teachers to enrich the digital awareness and competence of adults and children.



TRAINING AND MEETINGS FOR PARENTS

To explore these issues, online and face-to-face meetings will be organized.
For the complete program: fvg.pattidigitali.it