

# 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 MIDDLE  
SCHOOL



### TRANSPARENT SMARTPHONE UP TO 14 YEARS OLD

Parents **must know their children's passwords** and regularly check the chats, history and apps used, not secretly and possibly together with the children.



### 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 video games (details on the back) and check the recommended ages for videos, TV series and films used by our children.



### TALK WITH CHILDREN ABOUT RISKS AND OPPORTUNITIES

Dedicate time to share your children's activities online, verify contacts and propose digital as a tool for getting information and training creativity. **Parental control** settings and apps can be a very helpful resource.



### TIME LIMITS AND PARENT/CHILD CONTRACT SIGNATURE

Agree on rules on times and places, avoiding use before sleep and in the room, controlling the total hours and regularly defining **days off from screens**.



SIGN THE "DIGITAL PACT BETWEEN FAMILIES"  
SCAN THE QR CODE → WITH THE CAMERA  
OR THROUGH THE WEBSITE [FVG.PATTIDIGITALI.IT](https://www.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 the opinion of numerous experts, **personal smartphones** are not suitable before the age of 12 as they stimulate constant use in any situation. Anticipate the use of apps and social networks and risky behaviors. For these reasons it would be advisable to wait at least for the seventh grade. Let's not forget that there are many **alternative solutions** (e.g. old-fashioned cell phones).

### 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 (which allow contact with strangers). Even the choice of **videos and TV series** deserves attention: many platforms have filters, others (such as YouTube) require personal verification and parental supervision. **Parental controls** are useful tools and are now available on all devices (consoles included).

### RULES, LIMITS AND "NO SCREEN" DAYS

The main advice of 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 2 hours a day with frequent breaks and have **days without screens** (every week) to encourage alternative activities and socializing and prevent digital addictions. Avoid use in the bedroom and in places where there is no adult supervision. Finally, let us remember 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**