



SCREEN-LIFE BALANCE

The use of screens and digital devices is a daily preoccupation for families. Digital devices offer a window onto the world and facilitate everyday life. But they can also entail risks and damage your child's development if they are used in an excessive and inconsiderate way. The Ministry of Education, Children and Youth will support you to strike a **good balance between the digital world and the real world** for your child.

In this parental letter, you will therefore find recommendations per age group for a safe and responsible use of the digital environment. This advice is provided as **a guide** and is inspired by the work of **Doctor Serge Tisseron**, a French psychiatrist and psychologist, author of the publication *3-6-9-12+ Apprivoiser les écrans et grandir* (3-6-9-12+ Benchmarks, Taming Screens and Growing up). You can of course adapt this advice to your child's individual sensitivities and needs.

WE, AS PARENTS: SET AN EXAMPLE AND STAY INFORMED

Our children learn a lot by observing and imitating the behaviour of those around them. Let us try to:

- reduce screen use during family time, for example during meals;
- improve our own digital device habits;
- use parental control tools;
- participate in the information workshops offered by the Eltereforum service (www.eltereforum.lu), BEE SECURE (www.beesecure.lu), etc.

For any assistance or support, please contact the helplines of *Kanner-Jugendtelefon* (KJT) (116 111) and BEE SECURE (8002 1234).

FROM 0 TO 3 YEARS OLD

AVOID ALL EXPOSURE TO SCREENS

Very young children are stimulated through sensory activities and personal interactions.

Ensure you:

- avoid exposure to screens (television, smartphone, tablet);
- prioritise activities linked to the five senses: building games, reading, stories, walks, outdoor games, etc.

FROM 3 TO 6 YEARS OLD

CHOOSE SUITABLE CONTENT

You can gradually introduce digital content into your child's activities.

Establish good habits such as:

- explaining the limits and giving a warning before turning off the screen;
- choosing content that is adapted to their age group (educational programmes and interactive games);
- ensuring screens are used in common spaces (living room, kitchen, etc.) under your supervision;
- avoiding non-interactive screens (television and YouTube);
- not allowing personal game consoles before the age of 6.

Have you considered listening to nursery rhymes and stories as an **alternative** to screens?

FROM 6 TO 9 YEARS OLD

ACCOMPANY THE USE OF DIGITAL DEVICES

Your child is gaining independence and in a trusting relationship, they need you to:

- establish clear rules for use, especially for personal game consoles;
- monitor the use of screens in common areas;
- configure tools to restrict access to content and to limit usage time.

Enable your child to benefit from organised leisure activities (sports, music, scouts, etc.) within your municipality, as an **alternative** to screens.

FROM 12 TO 15 YEARS OLD

TOO YOUNG FOR SOCIAL NETWORKS!

Adolescence is a crucial age for your child's development. Still with a spirit of communication and support, be careful to:

- avoid the use of social networks;
- set clear rules on sharing personal data and photos;
- explore apps together with your child and discuss them, rather than forbid them;
- encourage your teenager to confide in you if they need to;
- respect age classifications for multimedia content;
- turn off your wireless network (WLAN) at night and make sure your teenager gets enough sleep.

Family activities such as board games, going for walks or bike rides, or other outings (concerts, museums, sightseeing, etc.) are all good **alternatives** to screens.

FROM 9 TO 12 YEARS OLD

AVOID SMARTPHONES

Make your child aware of the dangers of the internet such as fake news and public access to personal content.

Keep the lines of dialogue open and:

- avoid getting them their own smartphone before the age of 12;
- prepare them for using the internet;
- monitor the use of screens in common areas;
- respect age classifications for multimedia content;
- allow video games in moderation, under adult supervision.

Find ways to spend time together as a family **away from screens**, which will benefit your pre-teen's personal development and ability to socialise.

FROM 15 YEARS OLD ONWARDS

REMAIN VIGILANT

Your teenager is able to use digital tools more independently. From now on, your role is to:

- remain available and listen so that you can offer guidance if necessary;
- keep an eye on your teenager's digital well-being;
- share times together as a family and support your teenager's schooling and extra-curricular activities.

Visit www.secher.digital

THE ELTEREFORUM organises DISCUSSION WORKSHOPS ON THE USE OF SCREENS BY CHILDREN AND YOUNG PEOPLE

in your region.

You can find the calendar
of events here:

www.secher.digital/eltereforum-en