

SCREENS AT HOME



Manage, educate and guide

This poster offers guidelines that parents can adapt based on their child's needs and maturity.

AGES 12 AND UP

Adolescents increasingly challenge family boundaries.



Turn off the WIFI at night



Continue to talk with your child



Revisit screen rules based on needs



Needs develop over time

❶ No social media before age 13

AGES 9-12

Children need to discover the world and human relationships.



Favour multi-player video games



Age of autonomy



Keep an eye on screen use



First personal smartphone

AGES 6-9

Children need to discover social rules.



TV without images of violence



First guided steps on the Internet



Video games in moderation



No exposure to adult news on TV



Independent viewing with an adult nearby

❶ No personal gaming device before age 6

AGES 3-6

Children need to discover their sensorial and manual capacities.



Favour the use of interactive screens, supervised by an adult



Video games in small doses, preferably played with family members



No screens in the bedroom



TV not recommended

❶ No personal gaming device before age 6

BEFORE 3 YEARS

Children need to discover their boundaries with you at their side.



Optional touch tablets:
• short periods (10min/day)
• supervised by an adult
• one goal: to play



Activities for all 5 senses



The tablet should not replace traditional toys



Human interaction is essential

❶ No TV before age 3

❶ Interactive screens:

- + Intuitive task resolution
- + Learning by **trial and error**
- + Ability to **anticipate and give feedback**



Useful information

Whatever your child's age, always be there to listen and favour the use of interactive screens.

From ages 3 to 12 and beyond, respect the age guidelines for video games and films. Establish clear screen time rules.



einfach digital

Zukunftskompetenze
fir staark Kanner



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DU GRAND-DUCHÉ DE LUXEMBOURG
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**BEE
SECURE**



More information at **bee-secure.lu**



Contact the BEE SECURE Helpline at 8002 1234. Here, children, teens, parents, teachers and educators can receive advice and assistance on matters related to all types of media. Telephone counselling is free and anonymous.



Contribute to the fight against illegal online content: if you come across anything online that you think might be illegal, you can flag it anonymously at <https://stopline.bee-secure.lu>. By illegal content, we mean: representations of sexual abuse of minors; racist, revisionist and discriminatory content; terrorist content.

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