

SCREENS IN THE FAMILY



MANAGE, EDUCATE AND GUIDE

This poster offers guidance for parents, who can adapt it to suit their child's needs and level of maturity.

FROM THE AGE OF 15 ENCOURAGE YOUR TEENAGER'S INDEPENDENCE



Supervise their first steps on social media: remind them of the 6 best practices



Remain vigilant, but respect their privacy



Find out about their online activities



Raise their awareness of online scams



Encourage critical thinking

12-15 YEARS LET YOUR TEENAGER TAKE MORE RESPONSIBILITY



Make him or her aware of the risks they may encounter on the internet



Allow them to have their first smartphone



Turn off Wi-Fi at night and avoid screens in the hour before bedtime



Avoid social media



Discuss apps and trends

9-12 YEARS PREPARE YOUR CHILD FOR INTERNET USE



Supervise screen use in shared spaces



Don't give your child a smartphone



Introduce the 6 digital best practices



Turn off Wi-Fi at night and avoid screens in the hour before bedtime



Avoid social media

6-9 YEARS GUIDE THE USE OF DIGITAL TOOLS



Allow video games with family or friends in common areas



Don't make personal devices available to your child



Configure access to content and limit the duration of device use



Avoid adult television news programmes



Adapt limits and set rules for the whole family

3-6 YEARS CHOOSE AGE-APPROPRIATE CONTENT AND GUIDE YOUR CHILD



Don't make personal devices (consoles, tablets, smartphones) available to your child



Supervise screen use and limit it to common areas



Limit access to non-interactive content



Set clear limits (e.g. one episode, ± 30 mins)



Warn your child 5 mins before turning off the screen

0-3 YEARS FOCUS ON SENSORY ACTIVITIES AND INTERACTIONS



Avoid exposing your child to screens



Focus on traditional toys



Don't have the television on in the background



Put smartphones aside during interactions



Stay close to your child during video calls (limit the duration)

FOR ALL AGES

- Set aside time for family activities and outdoor pursuits
- Discuss the content your child has viewed
- Stay attentive and be available
- Refer to age recommendations for video games and films
- Adapt limits according to needs

THE 6 DIGITAL BEST PRACTICES

- I protect my personal information.
- I don't meet up in real life with someone I only know from the internet.
- I think before agreeing to anything online.
- I don't believe everything I see on the internet.
- If online content makes me feel uncomfortable, I talk to an adult about it.
- I behave respectfully and courteously towards other people.

BEE SECURE

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For more information, see

BEE-SECURE.LU



The BEE SECURE Helpline is a confidential counselling service. Any individual can contact the service with questions or to receive practical advice related to internet security and digital media education. The service is available by phone or in writing.



The BEE SECURE Stopleveline is an online platform that allows anonymous reporting of three categories of content:

- child sexual abuse material (CSAM),
- discrimination, racism, revisionism or hate speech,
- terrorism.

The reported and potentially illegal content is forwarded to the national police or other competent authorities.



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