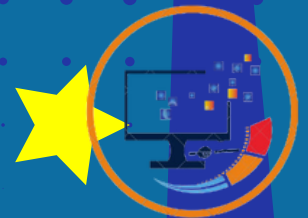


THE ADVENTURES OF A CYBER- SURFER

TIME FLIES!



POSITIVE DIGITAL
PARENTING

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Oh I'm just going through reading upon some articles abouts penguins.

Hey what are you doing ?



Don't worry. I know

But don't be on there for too long. Just keep track of your screen time.

Oh it's nice to see you do research online.





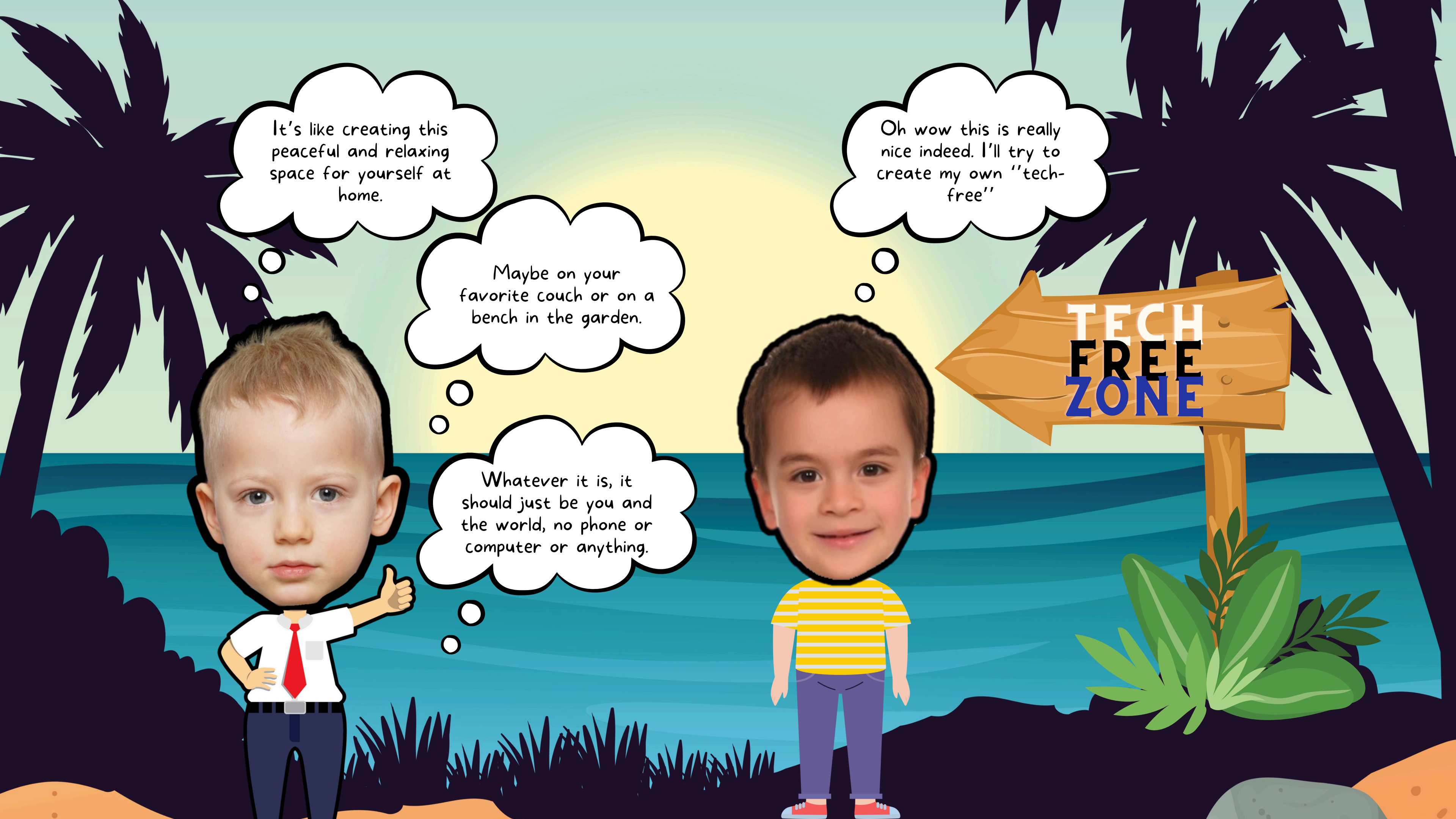
OMG. I've been on for about 8 hours.

WIFI! Check how long was your screen time.



Is there any tip you could help me to reduce my daily screen time ?

Well for starter you should try to create a technology free zone.



It's like creating this peaceful and relaxing space for yourself at home.

Maybe on your favorite couch or on a bench in the garden.

Whatever it is, it should just be you and the world, no phone or computer or anything.

Oh wow this is really nice indeed. I'll try to create my own "tech-free"

**TECH
FREE
ZONE**



I want that too. But sometimes it's hard to keep track of how much time passed when I'm surfing thr internet.

Also, while I'm not saying technology is bad. You should only be spending a limited amount of time on them.



That's so practical.
I've never thought
about this.

Even when you're for too
long at once, it will force
you to go on a small
break as well.

Well if that's the case, there
are a lot of apps that you can
help with that. These app will
limit the amount of screen time
you get per day



You're right ! If they can have fun and put and put it on social media, why shouldn't I

That must be more exciting doing it yourself then just watching other people doing it.

And hey, why not go do some more outdoor activities and then sharing pictures... Story of them social media at the and of the day ?



Screen time will fly be fast,
so always remember to keep
track of it and keep it
moderate

screen
time

TIPS FOR PARENTS

- Learn about your child's online activity
- Set boundaries with your child about their screen time.
- Integrate technology and allow them to talk to you about it
- Talk to them about online privacy
- Balance online & offline activities
- Help your child to manage their own screen time.



FUN ACTIVITY FOR YOUNG LEARNERS

The internet and social media can be so much fun! But it is always good to take a break from screens and find alternative things to do with your free time. This is called having technology-free time. From the table below, draw a circle around the activities that promote technology-free time. Why not try and do some of these activities to make sure you have a healthy screen balance in your life!

Read a book	Cook with your family	Play the Nintendo Switch
Play fortnite	Play football	Try a new hobby
Talk with your friends online	Play a board game	Write a story
Watch videos on YouTube	Make a TikTok	Tidy your room



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