



**SCHAU
HIN** Was Dein
Kind mit
Medien macht.

GROWING UP WITH MEDIA

The right way!

**The media guide
for families!**

schau-hin.info

DEAR PARENTS,

the world of media holds a great deal of fascination, especially for children and teenagers. They're taking advantage of the huge variety of activities available to them at an increasingly early age: They watch TV, play on consoles or computers, chat with friends on smartphones and post on social networks. All this provides lots of opportunities to be creative, to acquire knowledge quickly and to get in touch with the whole world. However, media use also involves risks: the sharing of sensitive data, cost traps, bullying, harassment and content that's harmful to minors.

This is where "SCHAU HIN! Was Dein Kind mit Medien macht." comes into play. We help parents and educators teach their children how to use media in a healthy way – with tips for everyday use and important information. We encourage adults to discover the diversity of media together with their children. Because understanding is better than forbidding.

We look forward to helping you on this journey.

Your SCHAU HIN! team





NOT TOO EARLY

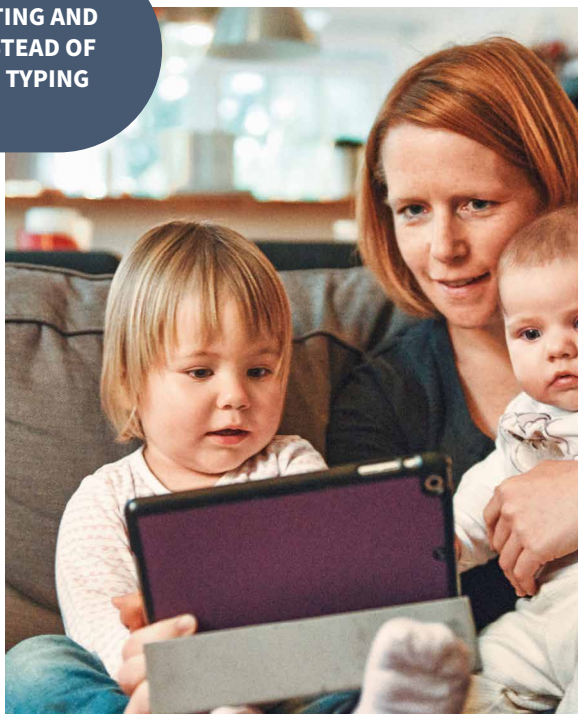
Toddlers need experiences in the real world: playing together with the family and discovering nature. These things are important for them. If children spend time in front of the screen too early, these experiences can be lacking. Computer games or films quickly overwhelm toddlers.

PARENTS ARE ROLE MODELS

Children adopt their parents' habits, which is why adults are important role models. If the parents are always on their smartphones, this soon becomes completely normal for the kids. It's better to put your phone on silent and not be distracted. Parents can talk to their children about rules for digital media: The experiences of adults can provide guidance for children.



**FEELING, TASTING AND
SMELLING INSTEAD OF
SWIPING AND TYPING**





HOW MUCH IS TOO MUCH?

Children can find it difficult to stop using media. Arguments can arise when screen time becomes too long. It's better to have agreements instead of bans. For example: no smartphones at the dinner table, during homework or before going to sleep. Three to six-year-olds should spend no more than half an hour a day in front of a screen, seven to ten-year-olds no more than an hour.

CREATING TRUST

Children need to trust their parents – especially to talk about any problems they've experience with media. Parents should let their kids show them their favourite film or game. It's best to watch or play them together. This creates a bond and helps to establish rules together and avoid arguments.



**UNDERSTANDING
IS BETTER THAN
FORBIDDING**





USE MEDIA SAFELY!

Digital devices let children play, chat and surf. This comes with its own risks. Apps can have unsafe chat functions, in-app purchases or advertising. Even simple settings can make media use safer: such as securing the app store on the smartphone with a password, enabling website filters on laptops with parental control software and enabling parental control options on game consoles.



**PLAYING TOGETHER
ONCE IS BETTER THAN
EXPLAINING TWICE**

READY FOR EMERGENCIES

Nobody wants this, but it can still happen: Chats and comments lead to harassment, insults and threats. These should be reported and the profiles of the perpetrators blocked. It's important for children to be able to turn to their parents in difficult moments like these without fear of punishment.



FOUNDATIONS ARE ESSENTIAL

A good experience for both: parents should accompany their children into the world of media. This way, they can create the best foundation for safely using media. Younger children should use protected resources with age-appropriate content and functions. Parents can set up the first smartphone or computer access together with their children. This is a good opportunity to talk about safety and risks.



**LIKE MULTIPLICATION
AND THE ALPHABET:
MEDIA USE ALSO NEEDS
TO BE LEARNT**

A QUESTION OF AGE

Lots of messengers and social media have an age restriction, which means that parents would actually have to give their consent for their children to use them. It's also important to take a closer look at games and films. Parents can test games and films themselves or together with the child. Legal age labels (such as "USK 6" or "FSK 12") and educational guides can help provide information.

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