SCHAU HIN
Was Dein Kind mit Medien macht.

GROW UP WITH MEDIA

But do it right!

The guide to media for families!

schau-hin.info

DEAR PARENTS,

The world of media holds a great fascination, especially for children and young people. They are taking advantage of the wide variety available to them at an ever-earlier age: They watch TV, play games on their consoles or computers, message their friends on their smartphones, and post comments on social media. All of this offers plenty of opportunities to be creative, to acquire knowledge quickly, and to make connections with the whole world. However, media use can also carry risks, including the disclosure of sensitive data, hidden costs, bullying, harassment, and content harmful to young people.

This is where the “SCHAU HIN! Was Dein Kind mit Medien macht” (OPEN YOUR EYES! What your child gets up to with media) initiative comes in. We support parents and carers in helping their children develop the skills they need to use media safely – with practical tips for everyday life and important information. In doing so, we encourage adults to discover the diversity of media on offer together with their children and to have fun doing it. After all, it’s better to understand than have it banned.

We look forward to supporting you on this journey.

Your SCHAU HIN! team





NOT TOO EARLY

Young children need real-world experiences: playing together as a family and exploring the natural world are important for them. If children spend time in front of a screen too early in life, they may miss out on these experiences. Video games and films can quickly become overwhelming for young children.

PARENTS ARE ROLE MODELS

Children pick up their parents' habits. That makes adults important role models. If parents are constantly looking at their smartphones, children will soon come to see this as perfectly normal. It's better to put your phone on silent and avoid getting distracted. Parents can talk to their children about rules for digital media: Adults' experiences provide children with a useful guide.

FEELING, TASTING, AND SMELLING INSTEAD OF SWIPING AND TAPPING





HOW MUCH IS TOO MUCH?

Children often find it difficult to know when to stop when using media. If screen time goes on for too long, it can lead to arguments. But it's better to reach an agreement than to enforce a ban. For example: no smartphones at the dinner table, whilst doing homework, or before going to sleep. Babies and toddlers up to the age of three should ideally spend no time at all in front of screens. Four- to five-year-olds should have no more than half an hour's screen time a day, whilst six- to nine-year-olds should have no more than one hour.

BUILDING TRUST

Children need to feel that they can trust their parents – particularly so that they can talk about any problems they may have experienced when using media. It helps if parents ask their child to show them their favourite film or game. The best thing to do is to watch or play together sometimes. This fosters a sense of unity and helps to establish rules together and avoid disputes.

IT'S BETTER TO UNDERSTAND THAN HAVE IT BANNED





MAKE MEDIA A SAFE BET

Children can use their digital devices to play, chat, and browse the internet. But that's not without its risks. With apps, there is a risk of insecure chat features, in-app purchases, or adverts. Even simple settings can make using media safer: for example, protecting the App Store on your smartphone with a password, filtering websites on your laptop using parental control software, and activating the parental control options on your games console.



IT'S BETTER TO PLAY TOGETHER ONCE THAN TO EXPLAIN SOMETHING TWICE

PREPARED FOR AN EMERGENCY

Nobody wants to have to deal with trouble online. Nonetheless, chats and comments give still sometimes rise to harassment, insults, and threats. These instances should be reported and the profiles of those responsible should be blocked. What's important is that children are able to turn to their parents in these difficult moments without fear of punishment.

DON'T NEGLECT THE BASICS

When parents guide their children through the world of media, it can be a good experience for both of them. Doing so lays the ideal foundations for safe media use. It is best for younger children to use supervised platforms with age-appropriate content and features. Parents can set up their children's first smartphone or computer access together with them. It's a good opportunity to talk to them about safety and risks.



LIKE MULTIPLICATION OR SPELLING, HOW TO USE MEDIA IS A SKILL THAT NEEDS TO BE LEARNT

A QUESTION OF AGE

Many messaging apps and social media platforms have an age restriction; in principle, parents should 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 try out games and films on their own or together with their child. There are statutory age ratings (such as "USK 6" or "FSK 12" in Germany) and educational materials available to provide guidance.

PARENTS, GET TO GRIPS WITH MEDIA!

In the **SCHAU HIN! media courses for parents**, you'll learn how to guide your child in the use of smartphones, the television, apps, games, and messaging apps safely – in a way that's appropriate for your child's age.

The media courses are free of charge and can be taken at a time that suits you. Sign up now!
www.medienkurse-fuer-eltern.info

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STÄRKEN, WAS DIE ZUKUNFT TRÄGT.

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GAmM Gutes Aufwachsen mit Medien