

Decalogue for the **safe and healthy use of screens** in childhood and adolescence



العربية
Български
English
Français
Română

Where.

At home, the computer, the console..., **better in a communal area.**



When.

Respecting sleeping times, relationships, studies, other games...



What.

Access, contents, games ... **suited to the age** and development of each boy and girl.



How.

Taking care of personal privacy and intimacy. Protecting personal data, information and images.



With respect.

Tagging and passing images and information **always with permission.** Assessing with whom they are shared.



How much.

Living with and not for them. Agreeing on the times of use.



What for.

Using screens and the Internet **for a specific purpose**, not out of boredom.



Alternatives.

Proposing various forms of leisure, to share family activities.



Improper use.

Considering **possible visual consequences**, isolation, sedentary lifestyle, attention problems...



Always.

Dialogue, listen, ask and seek help. Reflect on the example set in the family.

