

15 YEAR OLD AND MORE

Responsible Digital Education

You are capable of responsibly choosing **the role you want to play** in the digital society.

You become a **resource** for those around you.

You take responsibility for your **safety** and that of others.



Delete or turn off
“disruptive” notifications

Keep an eye on or monitor
your screen time

Sort your apps

Schedule
screen-free times

Keep your digital devices
for as long as possible or
opt for reconditioned ones

Find more information and other
«tips and tricks» for daily life on
educationnumeriquevalais.ch



éducation numérique
Medienkompetenz



Promotion santé Valais
Gesundheitsförderung Wallis



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