

# 15 YEAR OLD AND MORE

## Responsible Digital Use

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

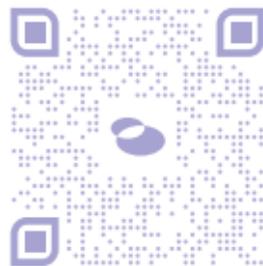
Keep an eye on or monitor  
your screen time

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  
[usagenumeriquevalais.ch](http://usagenumeriquevalais.ch)



usage numérique  
responsable  
Medienkompetenz



Promotion santé Valais  
Gesundheitsförderung Wallis



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