

8-12 YEAR OLDS

Responsible Digital Use

The recommended **age limits** must be **respected**.

Adults build a trust-based relationship that allows the child to talk about their digital experiences.

Clear boundaries give children a sense of responsibility regarding the impact of their actions on screens.



Set a timer for screen time

Play screen-free games
with friends

Borrow books from
the library

Role playing, mime

Show them what you
enjoy doing on screens

Encourage club or
group activities

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



usage numérique
responsable
Medienkompetenz



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