

prävention@home Ein digitaler Elternabend in einfacher Sprache.

The online parent-teacher-meeting offers tips on smartphones both for parents and children.

Your child gets his / her own first smartphone.

Here are some tips that can help your child and keep them safe online.

1. Which smartphone is the right one? And when is the time right for it?
No one else knows your child as well as you do.
Talk to your child: Does he / she really need one already?
Probably you'll give your child a used one for starters.

The advantages:

You won't lose so much money, if the smartphone gets lost or breaks • When the battery is running low or the is memory too small, the smartphone won't be as exciting anymore. Your child will automatically use it less.

2. Set rules for the smartphones together with your child.
Many parents have made good experiences with the following tips:

First Tip:

You put the smartphone away, when doing homework or at night. The child can't keep the smartphone on himself / herself.

Second Tip:

Less games on the smartphone

Games on your kids 'smartphone will send notifications. If your child has many games, they will get lots of notifications.

Download only 3 to 5 games on the smartphone together with your child. Whenever a new game is downloaded, an old one is deleted.

That's how you can keep track on the games your child is playing.

Third Tip:

1. Be a role model. You don't want your child to be disturbed while learning or at school? As a good example you don't message your child during those times, either.
2. Caution with the rights on images
Your child is able to take pictures of everything and everyone with the smartphone. The law does not allow that. There are rights on images and rights on images with people on them.

3. It is not allowed to take pictures of people, when they don't want to. (Attention: for people under 14 years the parents 'consent is mandatory. Images and / or videos can't be published without consent.

4. Trust and caution
Your child can access the internet with the smartphone and on the internet your child can find anything.
Explain to your child ,You matter to me, and I don't want something bad to happen to you. Us, mom and dad, we trust you, that's why we got you a smartphone.
Please let us know what you watch and tell es, if anything happens.'

5. Too many messages are disrupting.
Few messages disturb the focus and are distracting. Show your child, how to turn off notifications / messages.

On iPhones you click on ,settings' where you can find ,messages'. If you click there, there is a list of all the apps that can send you messages and there you can turn the messages on and off on each app.

On most of the Android devices you click on ,apps and messages', then ,messages' and eventually you can click on ,all of last 7 days' and then on ,all apps'. Here you can turn on and off all messages of all the apps.

6. Block apps
You can link your phone with your child's phone to set boundaries. You can do so for individual apps or set a time. For example, your kid won't be able to use a particular app or use the phone at night.

You don't know how to do that. No problem.

On www.medien-kindersicher.de you can select yours and your kid's phone. You teach her how you can set a kids protection filter step by step.

These tips are just suggestions. You can decide for yourself what you want and can apply to your everyday life.

It's important for you to know what your child is doing on its smartphone. That's why you should talk to your child about smartphones.

You can find more videos on smartphone handling on my website. Take a look!