

prävention@home **Ein digitaler Elternabend in einfacher Sprache.**

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

On the news we keep hearing the phrase ‚media addiction‘ or someone says ‚you‘re addicted to your phone‘.

This frightens parents. We don‘t want our children to get addicted. Either to people, drugs or smartphones.

We need to understand what exactly ‚media addiction‘ means in order to keep our kids safe.

Using your phone often or watching netflix a lot is different from being addicted. First things first: only a physician can diagnose an addiction. If your child shows peculiar behavior, you should talk about this in your family. Afterwards you can seek counseling from a physician, with or without your child. The physician can provide help.

Talking about ‚media addiction‘ does not singularly mean the time you spent on your smartphone.

It means the time a person spends on the smartphone, the tablet, computer or gaming console.

How much time and how often is your child on these devices?

There are three indications, you should look out for.

The first indication is self-control.

Does the child control himself / herself, how long he / she plays or watches videos - and when he / she stops? Does the child break rule, in order to play and / or stream longer and more often?

Probably your child is not able to control himself / herself anymore. He / she starts to feel like being forced to.

The second indication is that nothing else matters as much to your child as that. Homework, duties at home, playing outside, hobbies aren‘t as important as playing on the smartphone or gaming.

The third indication is that negative consequences don‘t matter. Bad grades or that friends stop calling, isn‘t as important as the game on the phone. Parents railing or a bad atmosphere at home don‘t matter, either.

If you notice one of these indications on your child, you should keep a close eye on it. Talk to your child and try to do things with your child, that don‘t involve digital devices.

Physicians speak of an addiction, if there are many peculiar indications over a long period of time. Therefore, it is important for you to check on what your child is doing, weekly or monthly.

I've got some tips for you to prevent your children or adolescents from media addiction.

First tip:

Set clear rules at home. And make sure they are being followed. Set the time your child is allowed to use digital devices. That's important especially with games and streaming shows.

Second tip:

Get info on what your child plays and watches. Ask yourself: ‚Should my child play that? and ‚is it suitable for his / her age? ‘.

Third tip:

Observe your child's mood when playing on digital devices. Does the mood change, when your child isn't allowed to use the devices?

Fourth tip:

Talk to your children and keep asking them, what they are doing in the digital world.

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 educate your child about smartphones, digital games, and online streaming shows.

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

More tips and info on: <https://www.fv-medienabhaengigkeit.de/>