

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

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

Do you watch regular TV as we you used to when we were young? Do you listen to a radio, which works without Internet? What are your children watching or listening to?

Nowadays we don't just watch TV, we stream.

The word "streaming" is English and everything that comes from the internet streams on you TV, cell phones, tablets, and laptops.

Some examples for video streaming and audio-streaming.

You know apps like Netflix, YouTube, Amazon prime or Disney Plus. Those are video-streaming apps. On those apps, you can watch movies, series, or short video clips.

With apps like Spotify, Apple Music or Deezer you can listen to music, news, and radio plays. Those are audio streaming apps.

It is great to have such big choice. You can watch and listen everything and everywhere: Movies, series, cooking videos, sports, documentations, games and news, music, and radio plays.

This big choice and opportunity to watch and listen every time and everywhere is not the best for your children. Not all videos are good for children.

I will give you some tips on how you can take care of your kids on streaming apps.

#### **Tip no. 1**

Talk to your children about what they are streaming.

What did they watch and listen?

They should show one in a while what they were watching.

That way you know whether it is appropriate for your child to watch or not.

#### **Tip no. 2**

Set times in which your children are allowed to stream and when they are not.

It is a fact that watching all day videos on the cell phone is not healthy for the eyes. Especially for young eyes, it can be harmful. The eyes cannot develop, as they should if kids watch too long at their cell phone right in front of their noses.

The apps themselves suggest us more and more videos to watch. More videos, more music. The companies that make those apps want you to use their app as long as possible. This is why sometimes it can be hard to stop. Kids are watching too long especially in the evenings and do not get enough sleep.

You can help and protect your child with clear rules.

### **Tip no. 3**

Activate the filters on those apps that can protect your child.

It can be easier for you if you install a child's profile on your very own app and regulate what your child can or cannot watch.

You deactivate Auto play on YouTube or on Netflix you can let your child watch videos which are appropriate for its age.

Afterwards I will show you how you can activate or deactivate functions on those apps.

Filters that protect your child are good but not perfect. On YouTube for example they work for the videos but unfortunately not for the adverts. The adverts can still show inappropriate things to your child.

This is why tip no. 1 is the most important one. Talk to your child about what it watches and listens to. Have a look together.

It is important for the child's development that its regulations and restrictions are being tested and sometimes broken. This will be very exciting for you as a parent.

Children listen to parents/grownups and their older siblings about what they watch on streaming apps, they see a little trailer or an advert on Instagram, or TikTok. So, they become curious. This is natural and belongs to the development of a child.

Nevertheless, it is important that children will not only be raised by apps and cell phones. If they see something strange for them, they should know that they could always talk to you or your partner about what they see or already saw.

Here are some links about children's safety settings on streaming apps:

#### **NETFLIX**

<https://www.medien-kindersicher.de/leichte-sprache/entertainment/netflix-kindersicher>

#### **YOUTUBE**

<https://www.medien-kindersicher.de/leichte-sprache/social-media/youtube-kindersicher>

AMAZON PRIME

<https://www.medien-kindersicher.de/leichte-sprache/entertainment/amazon-prime-video-kindersicher>

DISNEY PLUS

<https://www.medien-kindersicher.de/leichte-sprache/entertainment/disney-kindersicher>