Our family agreement

I use my smart device and the Internet responsibly!

..... family

Golden rules

1. .....
2. .....
3. .....
4. .....
5. .....

Signatures

www.draugiskasinternetas.lt

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Technologies in the family

How much is too much?

Many parents often ask themselves, whether their children don't spend too much time with the computer or smartphone. Actually, there is no single answer to the question "How much is too much?" First of all, the other question shall be answered: "What ELSE do they do with it?" Do kids always do their homework, assigned housework, do they sleep enough, exercise enough, do they spend time with their friends and family members? The most important is to balance the time online and offline!

This is a family decision

Children are prepared to learn online safety as well as using the Internet. Parents often take usual precautions, for example, use the Parental Control tools, leave computer in the living room, where the whole family spend time. However, it is important for all family members to discuss and understand why certain rules and limits for using computers and smart devices are set. Develop rules together with your children – then everyone can feel an important part of the process.

We provide you a set of family rules, which you can apply to your own family. Even if you do not want to create any rules, this advice could serve as a perfect example for discussion with the children about the virtual world.

- WHEN I WANT TO USE THE COMPUTER OR PLAY GAMES, I ASK MY PARENTS FOR A PERMISSION.
- I TELL MY PASSWORDS ONLY TO MY PARENTS, BUT NO ONE ELSE.
- I KNOW WHERE AND WHEN I CAN USE MY SMARTPHONE. FOR EXAMPLE, I ALWAYS TURN IT OFF DURING LESSONS AND WHEN I GO TO SLEEP.
- I WILL TELL MY PARENTS WHEN I FACE THE INFORMATION THAT INSULTS OR UPSETS ME, OR MAKES ME FEEL UNCOMFORTABLE.
- I DO NOT DISCLOSE MY PERSONAL INFORMATION, FOR EXAMPLE, MY SURNAME, HOME ADDRESS OR TELEPHONE NUMBER, TO STRANGERS.
- I DO NOT VISIT NEW WEBPAGES AND DO NOT PLAY NEW GAMES WITHOUT PRIOR ASKING MY PARENTS.
- WE HAVE DEVELOPED THESE RULES TOGETHER TO STAY SAFER USING THE INTERNET AND SPENDING THE TIME ON THE COMPUTER.

The Connecting Europe Facility
Co-funded by the European Union

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LANGAS Į ATEITĮ

NACIONALINĖ ŠVIETIMO AGENTŪRA

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