

FRIDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

_____ +



SATURDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



SUNDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



MY MEDIA USAGE DIARY

Digital Media

Name (Child): _____



 My media usage diary from the Pocomaker Initiative for GAMESHIFT NRW under the CC BY-NC-ND 4.0 license via gameshift.nrw

THURSDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



WEDNESDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



TUESDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



MONDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



FRIDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



SATURDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



SUNDAY

Great, you've done it! Now you know how your media usage looks. But what about your child? Today is the perfect day to talk about your media journals together!

Not sure how? No problem! Simply scan the QR code and ask each other the questions!



MY MEDIA USAGE DIARY

Digital Media

Name (Parent/Guardian): _____



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Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Today, I used:

For this long: _____

Because of: _____

Afterwards, I feel like this:

- _____ +



Questions between parents/guardians and child:

Gaming and social media usage

Look at your usage diary together and answer the questions:

1. How many hours did each of you spend on gaming or social media? Write it down in the battery. The fuller the battery, the more time was spent on it.

			
Games	Social Media	Games	Social Media
parents/guardians		child	

2. How do you feel about the duration of your usage? Do you think it's a lot or a little (compared to other hobbies or tasks you did last week)?

Ask your child a few questions about their usage:

3. Which games or social media platforms did you mainly use?

4. What was the reason for using them?

For example...

- Boredom, entertainment
- Keeping progress in a game
- Distraction or relaxation
- Recognition and rewards
- Improvement and competition
- Positive feelings
- Pressure from friends, fellow players, or the community

5. How did you feel while or after playing/using them??

6. Why did you feel that way??

7. Can this stay as it is, or would you prefer a different routine regarding your or my media usage?

8. Do we need common rules for how we use media as a family? (Note:

<https://mediennutzungsvertrag.de/>)