

MENTAL HEALTH



Can you collect points or streaks here? How?

What happens if you don't play or use the app for a while? Does that put pressure on you?

Do others stress you out sometimes?

Do you get in a bad mood if you didn't play well or if a post didn't get much attention?



Tip:
In this material, you will find information about digital media and health, as well as tips for healthier media usage habits.

BELONGING AND SELF-IMAGE



Do you have role models in the game or on social media? What do you like about them?

Do many people from your class use the game/app?

Do you compare yourself to others or feel pressure to perform? Would you like to change something about that?

What does your avatar look like? Do you have a favorite picture? Why do you like it?

EXPENDITURES AND SECURITY



Do you chat with others? How many followers do you have? Do you know them?

What do you share about yourself? Do you use your real name?

Do you feel safe? Do you know how to protect yourself? Do you need help?



Tip:
In this material, you will find helpful tips about the risks and dangers of gaming, such as a pocket money planner for a good overview of spending in games.

Do you have to pay for things? How much did you spend last month?



Tip:
This material shows you how to make devices child-safe and teaches you how to properly assess the content of digital media.

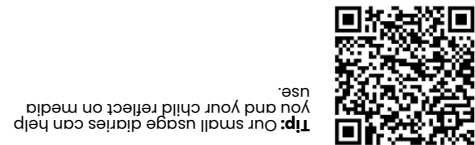
KIDS, GAMING & SOCIAL MEDIA

What are you doing there...?

Tips & Example Questions to Better Understand and Guide Media Usage



 **GAMESHIFT**



Tip: Our small usage diaries can help you and your child reflect on media use.

Do you sometimes lose track of time when you're gaming or using social media? Or forget to eat? Do you know the feeling of keeping going even when you actually don't feel like it anymore? Should we note how much time you spend on screen?



PHYSICAL HEALTH:

What do you do when you're on your smartphone/PC/console? Which app or game are you using the most right now? Why? What do you like about it? Can you show me? Explain to me what you can do there...



ICEBREAKER QUESTIONS:

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The most important thing when guiding your child into new media areas and digital worlds is dialogue and understanding. Stick with it! Only then will you develop a sense of why your child plays games, how important social media and games are in their life, and where your intervention might be needed!

So from now on, at your home: Questions allowed!

With the abundance of apps, platforms, and games, understanding your child's usage behavior between smartphone and console and guiding them in a safe environment often gets overlooked in everyday life. There is often conflict over too much gaming or smartphone use, and uncertainty about potential dangers. Neglecting school and other hobbies, gaming addiction, meeting strangers online... The list of concerns is long...



OFTEN, A CONVERSION HELPS!



MEDIA IS ILVER - CONVERSION IS GOLD!