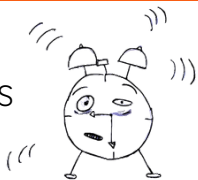


THE RISKS OF UNAWARE USE OF DIGITAL DEVICES

SLEEP DISORDERS



WEIGHT AND
CARDIOVASCULAR HEALTH
(SEDENTARY LIFESTYLE,
OVERWEIGHT)

COGNITIVE DEVELOPMENT
(LANGUAGE DELAYS,
REDUCED ATTENTION)

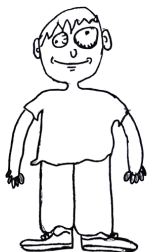


MENTAL AND EMOTIONAL
HEALTH (ANXIETY,
IRRITABILITY,
SOCIAL WITHDRAWAL)



DIGITAL
ADDICTIONS

VISION AND EYE HEALTH
(EYE STRAIN,
INCREASED MYOPIA)



ONLINE SAFETY
(CYBERBULLYING, INAPPROPRIATE
CONTENT, GROOMING)



SOURCE: SOCIETÀ ITALIANA DI PEDIATRIA INDICATIONS

WHAT IS THE PROPOSAL? THE PRINCIPLES OF COMMUNITY DIGITAL EDUCATION

WE NEED AN EDUCATIONAL
COMMUNITY! LET'S OVERCOME
INDIVIDUALISM AND NETWORK.

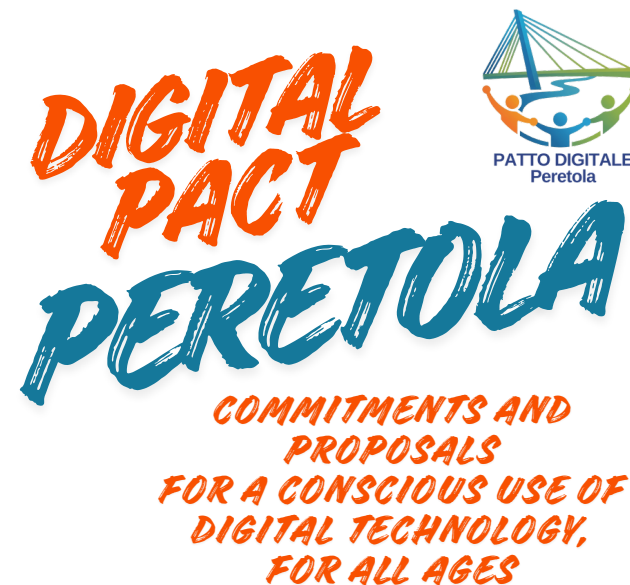
INFORMED, RESPONSIBLE, AWARE, AND
PRESENT ADULTS, WHO EDUCATE
THEMSELVES AND ACCOMPANY THEIR
CHILDREN AS THEY GROW UP

YES TO TECHNOLOGY,
AT THE RIGHT TIME

CLEAR RULES AND DIALOGUE

DIGITAL AUTONOMY CAN'T BE
IMPROVISED, IT MUST BE PREPARED
AND SUPPORTED GRADUALLY

SOURCE: WWW.PATTIDIGITALI.IT



WHAT IS A DIGITAL PACT?

It's an agreement between families, who propose shared principles for the safe, active, creative, and informed use of technology. Starting with families, the pact then extends to the local community, involving all stakeholders (schools, associations, etc.).

HOW DID THE PERETOLA DIGITAL PACT COME ABOUT?

After an information and training process families, teachers, educators and associations met to try to write simple and shared rules together.



PATTI
DIGITALI



Q5
RIFREDI

Age **0-99**

PROTECTING RELATIONSHIPS: SMARTPHONE-FREE MEALS, PREFERABLY SCREEN-FREE

SETTING A GOOD EXAMPLE: LIMIT PHONE TIME IN FRONT OF YOUR CHILDREN.

LEARNING AND INFORMING YOURSELF ABOUT DIGITAL INNOVATION TO GAIN AWARENESS.

CREATING PHONE-FREE OPPORTUNITIES: ENCOURAGING EXPERIENCES, PREFERABLY IN COMPANY, OUTDOORS AND ON THE MOVE

THE PHONE "HOUSE": CREATING A SINGLE PHYSICAL LOCATION WHERE ALL CELL PHONES ARE KEPT IN A COMMON SPACE.

Age **0-6**

SETTING CLEAR RULES ABOUT SCREEN TIME: WHO* AND PEDIATRICIANS RECOMMEND NO MORE THAN 1 HOUR BETWEEN THE AGES OF 2 AND 5.

TRAINING FOR BOREDOM WITHOUT RESORTING TO SCREENS: ADDRESSING MOMENTS OF CRISIS WITH YOUR CHILDREN, TO HELP THEM MANAGE THEIR EMOTIONS.

CHOOSING YOUR CONTENT CAREFULLY: PREFER A SHARED VISION THAT ENHANCES THE QUALITY OF THE RELATIONSHIP AND PREDISPOSES TO DISCUSSION.

*WORLD HEALTH ORGANIZATION

Age **6-10**

SMARTPHONE-FREE PRIMARY SCHOOL: DO NOT PROVIDE CHILDREN WITH A PERSONAL INTERNET-CONNECTED DEVICE (SMARTPHONE, TABLET), INVOLVE FAMILY MEMBERS AND ACQUAINTANCES IN THE DECISION.

ADULT SUPERVISION: CHOOSE AGE-APPROPRIATE CONTENT AND MANAGE SCREEN TIME (INCLUDING TV, CONSOLES, ETC.), USING DEVICES IN COMMON AREAS.

THE INTERNET IS A PLACE FOR ADULTS: ONLINE EXPERIENCES ARE SHARED, EXPLAIN HOW IT WORKS AND THE RISKS.

CONSTRUCTIVE AND CREATIVE USE OF DIGITAL TECHNOLOGY: EXPLORING ALTERNATIVES TO THE PASSIVE AND INDIVIDUAL USE OF APPS AND VIDEO GAMES.

Age **10-14**

DELAYING THE INTRODUCTION OF PERSONAL SMARTPHONES

UNTIL AT LEAST THE AGE OF 13 (SIP):** IT IS NOT AN ESSENTIAL TOOL, NOT EVEN FOR SECONDARY SCHOOL.

IF A SMARTPHONE HAS ALREADY BEEN ALLOWED, IT IS DIFFICULT TO GO BACK, BUT WE CAN STILL ADHERE TO THE AGREEMENT BY RESPECTING THE OTHER POINTS AND PROMOTING THE IDEA THAT DELAYING ITS USE REMAINS A VALID CHOICE.

EDUCATING AND DISCUSSING TOGETHER ABOUT DIGITAL USE: FOLLOW A PROCESS OF INTRODUCING YOUR CHILD TO THEIR FIRST SMARTPHONE AND SOCIAL MEDIA (DELAYED AS MUCH AS POSSIBLE ACCORDING TO SIP GUIDELINES**), EDUCATING THEM ABOUT PRIVACY AND ENGAGING THEM IN A CONVERSATION ABOUT THE RISKS AND OPPORTUNITIES OF THE INTERNET.

SIGNING A "CONTRACT" (TO BE REVISED OVER TIME): ACTIVELY INVOLVE THEM IN CREATING A SET OF RULES TO DEFINE USAGE TIMES, SMARTPHONE-FREE LOCATIONS, AND AGE-APPROPRIATE CONTENT.

(IDEAS FOR "CONTRACT" IN THE INSIGHTS)

TRANSPARENT SMARTPHONE: SUPERVISE PHONE USE AND REMEMBER THAT MINORS ARE UNDER THE LEGAL RESPONSIBILITY OF THEIR PARENTS.

EMBRACING PASSIONS AND INTERESTS RELATED TO THEIR DIGITAL WORLD **WITH CURIOSITY** AND A NON-JUDGMENTAL ATTITUDE

MORE INFORMATION, SCIENTIFIC SOURCES AND INSIGHTS

WWW.PATTIDIGITALI.IT/PERETOLA



**PATTODIGITALE
PERETOLA**

**TO STAY IN TOUCH
AND BE UPDATED
ON ALL THE
INITIATIVES**



**SIGN THE PACT
TOO!**

**SOCIETÀ ITALIANA DI PEDIATRIA