

Digital Education Agreements

Ages 7–11

The commitment we make as a community stems from the need to promote informed and gradual guidance in the use of digital technology, at a stage when devices are becoming part of children's daily lives. It aims to foster coherence between families and the educational community, so that decisions can be made in a more sustainable way.

This Agreement has four purposes:

- to define clear and shared rules
- to maintain an active role for adults
- to promote guided, non-autonomous use
- to create social contexts and moments without devices

We commit to:

1. WAIT UNTIL THE CHILD IS AT LEAST 13 YEARS OLD BEFORE PROVIDING A PERSONAL SMARTPHONE

connected to the internet. This device should be introduced gradually, under adult supervision

2. ESTABLISH CLEAR, shared limits within the family regarding the total time spent using digital devices, distinguishing between study time and leisure time

3. ESTABLISHING DEVICE-FREE MOMENTS

to protect mealtimes, sleep, and social occasions. Identifying device-free spaces at home and planning activities focused on building relationships (parties, outings, shared activities).

4. AS ADULTS, WE WILL ACT AS ROLE MODELS AND GUIDES, ensuring consistency between what we ask of children and what we ourselves do.

Dialogue and open discussion with our children must be the primary educational tool for engagement.

5. ESTABLISHING CLEAR RULES AT HOME, involving the children, and maintaining coherence with other educational settings.

6. RESPECTING THE RECOMMENDED AGE RATINGS FOR ONLINE CONTENT (videos, video games, TV series...) by following PEGI standards. Evaluating the quality of such content and ensure an adult is present and supervising whilst it is being used.

7. AVOIDING THE USE OF DIGITAL DEVICES AS A FILLER, consolation, reward, or punishment, instead favouring positive use as a shared tool and learning opportunity.

8. ALWAYS EMPHASISING THE IMPORTANCE OF DIALOGUE BETWEEN ADULTS AND CHILDREN, to foster a climate of trust, without ever allowing the relationship with the device to take precedence.

9. REGULARLY DISCUSS THESE ISSUES AMONGST FAMILIES, involving schools, associations and other key adults, with the aim of creating a consistent educational environment

10. PROMOTE AND PARTICIPATE IN ONGOING TRAINING ON DIGITAL ISSUES, providing clear tools and guidance for parents, reaching as many families as possible, regardless of the choices they have already made regarding digital use

These rules are the result of discussions between families and represent an attempt to build educational coherence between home, school, and other growth contexts.

FURTHER READING

Below are the recommendations of the Italian Society of Paediatrics (SIP) for healthy digital use in children aged 0–14.

The seven P's that help children grow.

Postpone

Delay access to the internet, smartphones, social media, online video games, and conversational artificial intelligence for as long as possible. Every year spent without digital technology is an investment in children's mental, emotional, and relational health.

Protect

A growing brain needs exercise, sleep, real-life relationships and natural light. Protecting the body and mind means safeguarding cognitive development, eyesight and sleep before introducing digital technology.

Set clear rules

Set precise limits: no devices in bedrooms, during meals, or before sleep. Having clear rules helps prevent risks.

Get involved in digital education

Talk openly about cyberbullying, pornography, violence, and digital addiction. Prevention means educating children about awareness, responsibility, and online safety.

Prevent risks and addiction

Families, schools, and paediatricians must work together to educate children in the critical use of technology. Collaboration means building an educational ecosystem capable of guiding and protecting young people.

Preserve the presence of the adult

The adult remains the model and filter between the child and technology. Maintaining a parental presence means supervising, engaging in dialogue and setting an example through balanced digital behaviour.

Promote real experiences

Play, sport, art, music, nature, and friendships are irreplaceable experiences. Promoting real life strengthens empathy, emotional regulation, and social skills.

The SIP's 7 P's can be found at: <https://sip.it/2026/01/27/le-7-p-che-aiutano-a-crescere/>

Further useful resources are available at: <https://sip.it/il-bambino-digitale/>

And here some in-depth fact sheets:

https://sip.it/wp-content/uploads/2025/11/Bambino-digitale_schede-di-approfondimento_de-f-2.pdf

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TWO IMPORTANT WEBSITES FOR FURTHER INFORMATION:

Digital Agreements Foundation website: www.pattidigitali.it

Italian Society of Paediatrics website: www.sip.it