

DIGITAL TECHNOLOGY IN PRIMARY YEARS: CONSISTENCY AND GOOD SENSE

"GOOD SENSE WAS THERE; BUT IT KEPT ITSELF HIDDEN FOR FEAR OF COMMON SENSE"
(ALESSANDRO MANZONI, THE BETROTHED - CHAPTER XXXII)

Technology has rapidly invaded and transformed our lives because it caught us unprepared; now that we recognize the consequences of the abusive use of digital devices, we must use our good sense to change this "common sense".



SMARTPHONE-FREE PRIMARY YEARS

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- Avoid providing personal devices with unrestricted internet access during primary years
- Adopt alternative solutions such as shared devices or devices with limited functions, to help the children and young people develop conscious and progressive use of the digital devices.

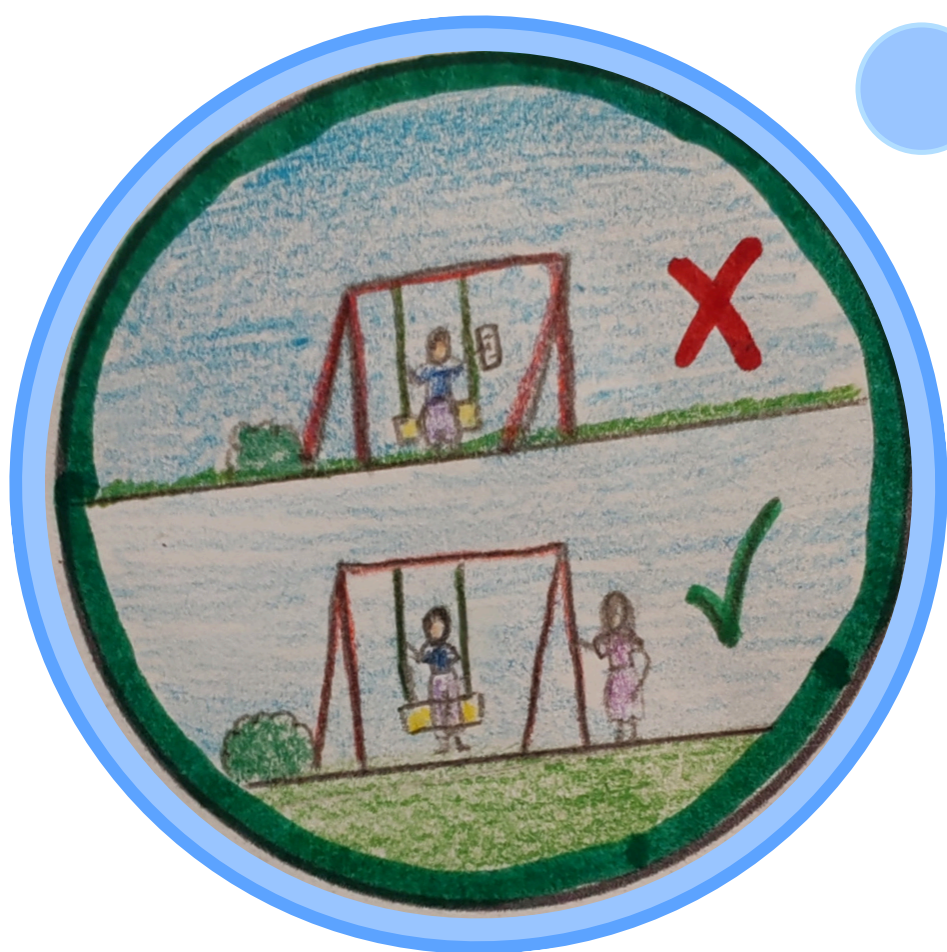


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ACTIVE AND CONSCIOUS PARTICIPATION OF ADULTS TO THE PROJECT: OUR EXAMPLE MATTERS!

Parents, grandparents, educators, and teachers are committed to:

- Limit the use of devices when they are with children
- Respect and enforce the same rules on all devices
- Attending digital education sessions to develop active and creative skills



WALKING TOGETHER IN THE DIGITAL WORLD: CHILDREN ARE NEVER ALONE WITH THE SCREEN!

3

- Navigation and online research are only allowed in the presence of an adult;
- Completely blocking contacts with strangers, including video games.



4

DIGITAL TRANSPARENCY UNTIL 14 YEARS OLD: MUTUAL TRUST, AN OPPORTUNITY FOR DISCUSSION AND DIALOGUE!

- Sharing password among parents and children as instrument of protection;
- Periodically check chats, apps, and history with your children to build awareness and address possible dangers together;
- Active collaboration to transform navigation into an opportunity of safe growth.

5

APP, VIDEOGAMES AND SOCIAL MEDIA IN ACCORDANCE WITH THE AGE

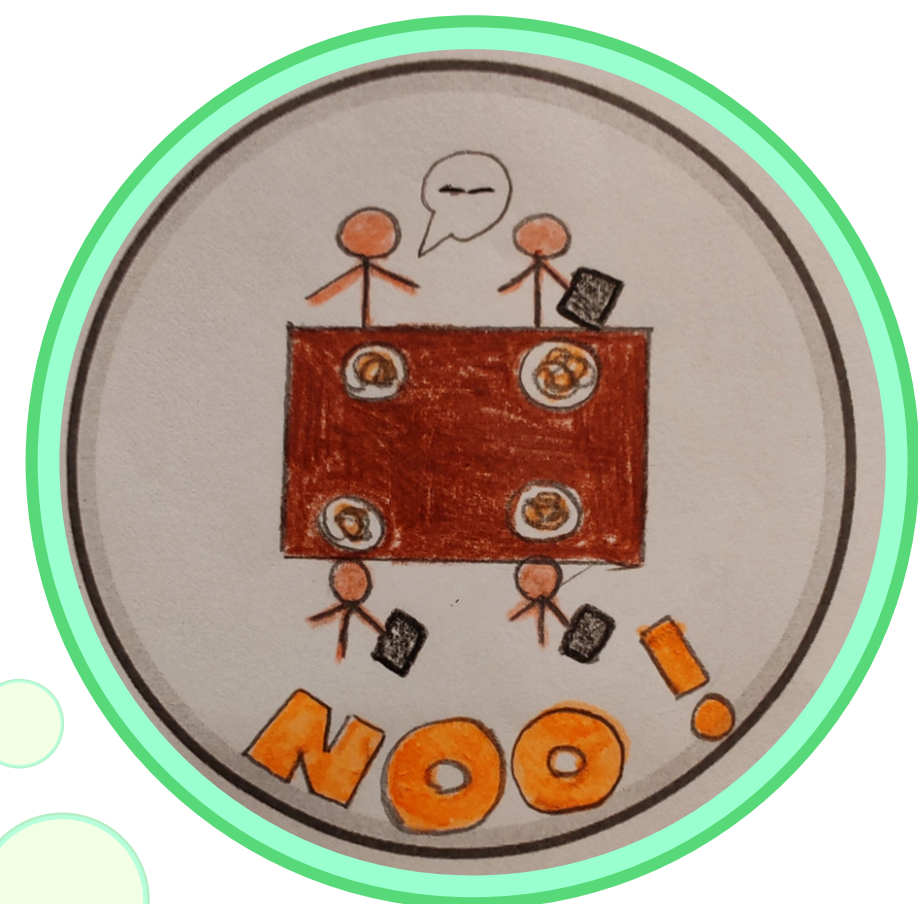
- Avoid independent use of social network before 14 years of age, in compliance with the law;
- Always check, before viewing, the contents of the app, video, Youtube and TV series if they are suitable for the child's age group;
- Use the PEGI age rating when choosing film, TV series, and video games suitable for the child's maturity.



6

PLACES AND TIME LIMITS FOR USE

- Agree on the times and places of use to encourage presence and discussion with adults;
- Avoid screens in bedrooms, during meals, and in moments of social interaction and play;
- Monitor the total number of hours of connectivity, not more than 2 hours per day, to guarantee a healthy balance between digital and reality;
- Plan screen-free days to make room for creativity and rest.



7

MEETING IN PERSON COUNTS

- Promote opportunities for meet ups and direct face-to-face outside of the digital world;
- Encourage sport, free play, and time shared with friends;
- Promote participation in local workshops and initiatives to stimulate new interests;
- Foster relationships that don't depend exclusively on devices and social media.



SOMETIMES WORDS ARE NOT ENOUGH!

Show how one uses the screens responsibly.

Remember that moments together with our children are more important than any notification.

Screens take away time from relationships.

INSIGHTS AND USEFUL TIPS

IS THERE A RIGHT AGE FOR SMARTPHONES? According to several experts, personal smartphones are not appropriate for kids in primary school. The guidelines from the World Health Organization advise to wait at least the third year of Middle School (terza media). There are many alternatives for safe internet usage: for example a tablet or a PC, easier to control and leave at home when they are not needed. Not to mention the option of using an “old-fashioned cellphone” if it is necessary to communicate with parents.

For more information “Digitale e bambini: le nuove raccomandazioni Società Italiana di Pediatria”
<https://sip.it/2026/01/27/digitale-e-bambini-le-nuove-raccomandazioni-sip/>

HOW TO CHOOSE VIDEOGAMES? AND THE VIDEO CONTENTS? The PEGI system helps us to indicate the advisable age group for every videogame in the market www.pegi.info. Particular attention should be paid to online games that allow contact with strangers. The choice of the video and the TV series also deserves attention: many platforms have filters, others require parental supervision. The parental controls are useful instruments and are now available on all devices.

RULES, LIMITATIONS, AND “SCREEN-FREE” DAYS The main advice of experts: avoid screens during meals, before going to bed (at least 30 minutes before) and before going to school. Do not go beyond 2 hours in total per day, do frequent breaks and screen-free days (every week) to encourage other activities, social interaction, and prevent digital dependence. Avoid usage of devices in bedrooms and in other places where there is no adult supervision. Finally, let us remember the importance of the example of adults: Why not spend screen-free days with the whole family?

RESPONSIBLE, POSITIVE, AND EDUCATIONAL USE Digital skills will be fundamental in the future of our children. For this reason, it's important not to limit yourself to rules, but to talk and reason with your children about what they do and what interests them online. Support the creative use and the use of the internet to inform oneself and learn new things and collaborate with other parents and teachers to enhance digital awareness and skills of adults and children.

PROTECT AND SAFEGUARD YOUR CHILD’S PRIVACY Take care when sharing photos and personal information of your children and of their friends online: they remain forever and can provide information to malicious actors. Let us also remember that it is prohibited to share photos of other minors online without the consent of their parents.

DEDICATE EXCLUSIVE AND AUTHENTIC TIME TO YOUR CHILD When we meet at the end of the day or when we play together, let us make sure that the time we spend with our children is exclusive, completely dedicated to them and as smartphone free as possible. Reading and storytelling, movement and creativity, nature experiences and socializing.

ALTERNATIVES TO TECHNOLOGY AND SCREENS

Readings and storytelling: reading together and telling stories stimulate cognitive and emotional development from the first months of life

Movement and creativity: promote play, physical activities, artistic, musical, manual skills, and curiosity to foster harmonious growth.

Experiences in nature and social connectivity: walks in the open air and moments of sharing with other children are special occasions to learn and grow together.