

PATTY DIGITALI

DIGITAL LIFE IN LOWER SECONDARY SCHOOL

ALESSANDRO MANZONI

“COMMON SENSE EXISTED, BUT IT STAYED HIDDEN FOR FEAR OF PUBLIC OPINION” (THE BETROTHED, CH. XXXIII – ALESSANDRO MANZONI)

BEYOND THE SCREEN, INSIDE REAL LIFE: LET'S LEARN – WITH THE SUPPORT OF THE COMMUNITY –

WHAT RISKS AND OPPORTUNITIES ARE CONNECTED TO THE DIGITAL WORLD, AND LET'S TRY TO CARRY OUT GOOD DIGITAL HABITS WITHIN THE FAMILY.

CHOICES AND ALTERNATIVES

“AT WHAT AGE SHOULD A CHILD RECEIVE A PERSONAL DEVICE?”

IDEALLY, WAIT UNTIL THE END OF LOWER SECONDARY SCHOOL BEFORE GIVING A CHILD THEIR OWN SMARTPHONE WITH INTERNET ACCESS. IF YOU HAVE ALREADY GIVEN ONE, IT BECOMES ESSENTIAL TO AGREE ON SHARED FAMILY RULES.

GUIDANCE

“HOW CAN I SUPPORT MY DAUGHTER/SON IN USING DIGITAL DEVICES?”

IT IS IMPORTANT TO GUIDE YOUNG PEOPLE IN THEIR DIGITAL USE THROUGH SPECIFIC STRATEGIES – LET'S DISCOVER THEM.

DIGITAL LIFE AT HOME

“HOW CAN I REGULATE DEVICE USE AT HOME?”

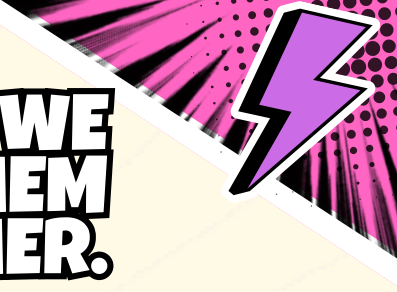
BY ADOPTING SHARED AGREEMENTS BETWEEN ADULTS AND CHILDREN IN THE FAMILY – FOR EXAMPLE, BY CREATING AN AGREEMENT ON THE USE OF DIGITAL DEVICES IN DAILY LIFE.

GOOD SOCIAL PROCEDURE...

“HOW CAN I LIMIT DEVICE USE, AND WHAT CHOICE CAN I OFFER?”

BY ENCOURAGING YOUNG PEOPLE TO TAKE PART IN ACTIVITIES THAT PROMOTE SOCIAL AND RELATIONAL DEVELOPMENT. WHICH STRATEGIES CAN WE ADOPT? LET'S EXPLORE THEM TOGETHER.





WHICH STRATEGIES CAN WE ADOPT? LET'S EXPLORE THEM TOGETHER.

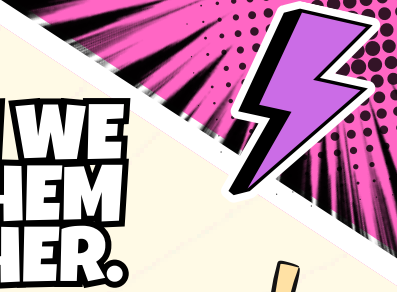
ALTERNATIVES

- CHOOSING AGE-APPROPRIATE CONTENT DEPENDING ON THE CHILD'S AGE, AND DECIDING WHICH TOOLS TO PROVIDE: MP3 PLAYERS, AUDIOBOOKS, MUSIC-STREAMING PLATFORMS, BLUETOOTH SPEAKERS, TABLETS, PCS.
- USING SHARED HOUSEHOLD DEVICES INSTEAD OF PERSONAL ONES: PARENTS' SMARTPHONES, FAMILY PCS, TABLETS.
- ALLOWING LIMITED USE OF THE PARENT'S SMARTPHONE FOR CONTACTING FRIENDS (MESSAGES OR CALLS) AND ORGANISING SOCIAL ACTIVITIES.
- PROVIDING A PHONE WITHOUT DATA THAT ALLOWS ONLY CALLS AND SMS.
- REINTRODUCING LANDLINE OR CORDLESS PHONES FOR MAKING CALLS.
- AVOIDING THE IDEA OF A SMARTPHONE AS A "GIFT" FOR BIRTHDAYS, CONFIRMATION, FIRST COMMUNION, ETC., BECAUSE IT IS NOT JUST A PRESENT: A SMARTPHONE IS A GOAL TO BE REACHED AFTER A PATH OF AWARENESS.



GUIDANCE

- UP TO AGE 14, TRANSPARENT USE OF DIGITAL DEVICES (PARENTS' SMARTPHONE, PC, TABLET) AND G-SUITE: PASSWORDS SHARED WITH PARENTS AND PERIODIC SUPERVISING OF ONLINE ACTIVITIES.
 - USE OF PARENTAL-CONTROL SOFTWARE TO MONITOR ACTIVITIES AND REGULATE SCREEN TIME THROUGH DEDICATED TIMERS.
 - MONITORING PASSIVE DIGITAL USE (ENDLESS SCROLLING) AND TEACHING CHILDREN TO USE DIGITAL TOOLS CORRECTLY, MEANING WITH A CLEAR PURPOSE OR GOAL (RESEARCH, SCHOOLWORK, CONTACTING FRIENDS...).
 - OBSERVING AND PREVENTING "PHUBBING" (IGNORING PEOPLE AROUND YOU BECAUSE YOU'RE TOO FOCUSED ON A DEVICE).
 - INTRODUCING THE SMARTPHONE GRADUALLY AFTER IT IS GIVEN: START WITH VERY FEW INSTALLED APPS AND INCREASE FUNCTIONALITY OVER TIME.
- 



WHICH STRATEGIES CAN WE ADOPT? LET'S EXPLORE THEM TOGETHER.



DIGITAL LIFE IN THE FAMILY

- DISCUSS AS A FAMILY AND DECIDE TOGETHER THE PLACES AND TIMES WHERE SMARTPHONE USE IS ALLOWED AT HOME.
- CREATE SHARED AGREEMENTS ON DIGITAL HABITS FOR ALL FAMILY MEMBERS, ASKING CHILDREN TO HELP ADULTS RESPECT THEM TOO (E.G., KEEPING ALL PERSONAL SMARTPHONES OUTSIDE THE BEDROOM AT NIGHT).
- CHOOSE DEVICE-FREE MOMENTS FOR EVERYONE (E.G., DURING MEALS, IN THE EVENING, IN THE MORNING BEFORE SCHOOL, ON WEEKENDS).
- DECIDE HOW TO MANAGE DEVICES IN THE CAR FOR BOTH PERSONAL AND SHARED USE (BACKGROUND MUSIC, PODCASTS, AUDIOBOOKS...).
- TAKE PART IN DIGITAL-EDUCATION EVENTS OFFERED BY SCHOOLS, HEALTH SERVICES, ASSOCIATIONS... OR PROPOSE AND HELP ORGANISE MEETINGS



GOOD SOCIAL PRACTICES ...

- OFFER STRUCTURED ACTIVITIES AVAILABLE IN THE COMMUNITY: MUSIC OR THEATRE COURSES, SCOUTS, SPORTS, STARTING A BAND, PARISH ACTIVITIES, IN-PERSON ROLE-PLAYING GAMES, BOARD GAMES, CHESS, READING GROUPS, COMMUNITY PROJECTS – ALL EXCELLENT CONTEXTS FOR DEVELOPING RELATIONAL SKILLS.
- EASE SOCIAL INTERACTION AMONG PEERS, IN STRUCTURED GATHERING SPACES OR AT EACH OTHER'S HOMES.
- PROMOTE THE PROJECT'S AGREEMENTS BY INVOLVING OTHER KEY ADULTS WHO INTERACT WITH YOUR CHILDREN (TEACHERS, SPORTS COACHES, YOUTH LEADERS...) IN SUPPORTING THE PACT.
- DEDICATE WEEKLY "QUALITY TIME" TO THE FAMILY, WITH SHARED ACTIVITIES CHOSEN AND CARRIED OUT TOGETHER.
- ENCOURAGE READING BY FINDING ENGAGING NOVELS FOR YOUNG PEOPLE AND CREATING FAMILY READING MOMENTS WHERE EVERYONE READS AT THE SAME TIME.

TO LEARN MORE



PATTI
DIGITALI



TO WRITE THIS DOCUMENT, WE RELIED ON THE RECOMMENDATIONS ON THE EVOLVING USE OF DIGITAL TECHNOLOGIES IN CHILDHOOD FROM THE ITALIAN SOCIETY OF PEDIATRICS, AND ON THE MANIFESTO PUBLISHED ON THE HOMEPAGE OF THE WEBSITE PATTIDIGITALI.IT.