TECHNOLOGY PLAN FOR KIDS

To become responsible digital citizens

PURPOSSFUL PARENTING
ACADEMY

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A C A D E M Y

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1. Digital Citizenship

What is a digital citizenship?
Digital citizenship is about using technology like computers and internet responsibly when engaging with society.

Who is a digital citizen?

A digital citizen is anyone who uses the internet and technology regularly. However, to be a good digital citizen you must be able to use technology in a way that is safe, responsible, and respectful to yourself and others. Think of it like being a good citizen in your physical community. Your discipline in the physical community must be the same as in the online community. You will forever be remembered with what you said or posted online therefore mind your 'one click'.

To be a good digital citizen do the following:

1. **Protect yourself**

Protect your private information (like your full names, physical locations or passwords). Know how to spot a lie or scam online (dishonest people who try to lure for money or request for your personal details). Keep a healthy balance between screen time and real-life activities to protect your wellbeing.

2. **Be Respectful** (Treat others well)

Be kind and use good manners in messages and comments (this is sometimes called "netiquette"). Avoid cyberbullying and stand up for others who are being treated poorly. Think before you post, because what you put online can stay there forever. Your online posts are your digital footprints!

3. **Be Responsible** (Follow the rules)

Use technology to learn and create, not to hurt or cheat. Respect other people's intellectual property. For instance, do not take pictures, contents or music's found online without permission from the owners.

4. **Mind your personal and family values**

Your content, comments or sharing's reflects your personal values. People can tell the type of family you have been raised up and many more. Therefore, your digital footprint is also your brand, personally and professionally.

5. **Be intelligent**

Listen and engage with content that resonates with your values, passion or purpose. Don't bother about irrelevant and abusive content of other non-responsible online citizens. Grow in your skills and value your personal development to a better person every day.

6. **Keep your online persona as you are physically**

Be one and the same in the physical community and online. Avoid double faces. Display yourself as the same person with the same values both physically and online.

2. Screen Time Balancing and Priorities

What is screen time?

Screen time is the total time spent using any technology device such as computer, mobile phone or TV.

The best digital citizens know how to balance their screen time with real-world activities like playing physical games, exercising, reading books, doing scholl homework, drawing, painting, riding bicycles and helping with home chores among others.

How do I know how much time to spend?

Don't worry, we have simplified your schedule to make you just pick your slot! Go through the suggested age-appropriate guide and check for your allowed screen time. Although you may have an allowance of an hour or more (depending on the age), it is advised to break it into some minutes. You may use a digital alarm 'time-out' or use an external alarm that may alert you when it's time for the next activity outside the screen/device. Lower the screen time for the days you have extra time for online or digital school assignments. For instance, if your school assignment requiring the use of computer or internet search takes you to more than an hour, then sacrifice your e-games or other devices screen time or use the lowest time possible (e.g 30 to 45 minutes).

The suggested schedule will allow you to grow and develop other skills such as self-discipline, time management, planning and organisation, rest, empathy, listening, effective communication and many more.

Age Group	Fun Screen Time	Rules & Priorities
Age 0-2 (Infants)	Zero screen	1. No screen of anyhow to allow for cognitive development 2. Enforce physical interaction with parents and people 3. Build social skills through physical activities 4. No touching or using parent's phone
Ages 3–5 (Little Explorers)	1 hour per day divided into 30:30 or 25:35	1. Always watch with a grown-up 2. Educational content only 3. No screens during meals 4. No screen for sleeping 5. No touching or using parent's phone
Ages 6–9 (Young Learners)	1.5 hours per day divided into 30:30:30	1. Screen-Free Bedrooms (Keep devices in a common area or give it to parents) 2. Focus on learning various skills (hands on) while enhancing your ability to balance games with reading or using educational apps 3. No touching or use of parent's phone
Ages 10–12 (Digital Citizens)	Up to 2 hours per day divided into: Computer: TV: E-game with breaks every after 45 minutes for a physical activity	1. Homework first 2. Screens start after responsibilities are done (home chores). 3. No screen 1 hour before bed. Give your brain time to rest. 4. Leave phone/laptop/e-game in the common area 5. No use of phone for alarm (use other wake-up alarms to avoid attempts to sleep with a phone) 6. No private phones
Ages 13-15 (Digital Leaders)	Flexible, but focus on priorities and balancing essential life skills	1. Prioritize sleep, school homework & home chores 2. No screen/phone in the bedroom 3. Use time productively. 4. Use technology to learn a new skill per day or weekly (like coding or design or life hacks). 5. Built trust to your parents through open and effective communication
Ages 16-18 (Adult teens)	Flexible, but focus on priorities and balancing essential life skills	1. Prioritize studies and life skills outside screen 2. Practice digital disciplines as above without parents' enforcement

3. Lead as an example for your young siblings to emulate
4. Use tech to develop and enhance your already learnt skills such as programming, public speaking, coding, online services/teaching, cooking, embroidery, hair styling and other life hacks

1. SCREEN FREE ZONES

Are you a well-rounded digital citizen?

Here is the trick for well-mannered digital users. This is supposed to be guided by your parents from the beginning. However, if none of these were set as among your screen free zones at your home, you can as of now select these screen free zones and abide to self-discipline rules. Consider making these following places and times completely screen-free zones.

1. **Meal Times:** Use this time to enjoy the meal and have talks to your family about your day. Keep away any screen and switch off the TV to allow smooth interaction with your sibling or family members.

2. **Bedrooms (after curfew):** Screens near your bed can stop you from getting good sleep. It can tempt you to watch or scroll for long time if sleep goes away. Don't agree to have a TV in your bedroom. Ask your parents to take it off (if you already had). If using a laptop or mobile phone in your bedroom make sure to switch it off and place it somewhere else e.g in a common area.

3. **Outdoor Play:** When you are outside, leave the phone inside! Running, jumping, and playing with friends is critical for your body and brain.

4. **Kitchen (while cooking):** When cooking and especially using gas cookers make sure your phone or any screen is away for safety purposes and concentrate on the cooking. This will help you avoid food burns, explosion or any other interference of fire to your device.

5. **Prayer times:** Your device must be off and away the prayer room or during prayer time. Never use your mobile phone during worship/prayer. Honor God and worship/pray to God without digital distraction.

6. **Family meetings:** Your device must be away to allow concentration with family time for bonding, reflection and pursue the meeting agenda.

7. **When visitors/friends around:** Remove yourself from the screen and any other digital device for physical interaction with visitors or friends. When

you have friends around, it is a nice time to connect and engage in conversation and play around using physical games. Minimise e-games for better engagement and building healthy relationships with your friends.

8. **Family outings and vacations:** It is time to bond with family and have fun. Your device or screen must be in minimal use to allow enough time for family social activities. Enjoy the moments without gadget distractions. Connect with your parents and siblings through talks, loughs, games and have fun!

9. **Homework hours** (apart from those requiring screen or technology use): To ensure focus and concentration to the assignments or home works, make sure all the screens are off and away from your homework table. Finish your homework first and the next tasks ahead of you before touching the screen.

10. **Early mornings and midnights:** Make sure you are offline and no screen early in the morning and midnight. Mornings are times when mostly you feel fresh and energetic. Use the early morning hours for devotion. Even if the sleep goes away, never attempt screen or e-games as they will make you wake up exhausted and feeling odd.

Which other areas do you think you can add up and designate as your screen free zone?

NOTE: Get a copy of a book on '*Raising Responsible Digital Citizens: A Family Roadmap to Screen, Artificial Intelligence & Values'* To get more knowledge on how to raise your child to become a digital creator; How to set up a strong connected family and many more.

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