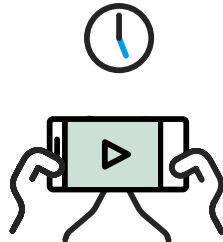# RECOMMENDATIONS FOR HEALTHY USE OF TECHNOLOGY

**(during and after the COVID-19 lockdown)**

**Security on the web.** Find out what they're using and who they're connecting with, protect their privacy, use parental control, age-appropriate video games, monitor and supervise credit cards, etc.

**Agree on a limited schedule** for using computers, tablets, mobile phones and consoles for play, always in a shared area of the house and respecting times for sleep, meals and study. Set reminders with alarms or on-screen messages.

**Agree on rules for use, explain the reasons and listen to their requests.** And something very important: apply the agreed-upon consequences when rules are broken, in a consistent, fair and respectful way.

**Find the balance** between encouraging the positive aspects of the internet and video games (leisure, socialising, cognitive development, learning, etc.) and **setting boundaries** to prevent problems (over-exposure, cyberbullying, addiction, etc.).

**Encourage communication.** Listen to them, try to understand them, seek moments for discussing any matter, which may include sharing activities online and through video games.

**Teach them emotional and social skills.** Tolerating frustration and boredom, controlling impulsiveness, managing anger and anxiety, being organised, being happy with themselves, understanding others, etc.

**Suggest alternative healthy leisure options.** Both individually and with friends or family (outdoor physical activity, crafts, drawing, cinema, music, dance, reading novels, magazines, comics, etc.).

**Reinforce and value all learning and positive changes** however small they are (for example helping with household chores, being creative, having positive values such as respect or hard work, etc.).

**Be a good example.** Also use technology responsibly, both for work and leisure.

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