Oscar & Zoé

GUIDE

—

FAMILY MEDIA PLAN

CONVERSATION STARTERS

Dear Educators,

Digital technology has changed our day-to-day lives. Reflecting and discussing how we use these devices is crucial. Parents want and need input and guidance without guilt or shame, which is not always an easy task. This may become even more complicated as you have to navigate different families, values, backgrounds, and cultures.

We have created the following documents for you to help parents understand the work you are doing in class but also to provide guidance in a way that is helpful and gives the parents room for input and reflection.

With this guide, we hope we can help open a discussion that is helpful.

Our idea for a parent evening is simple. You can

♥ talk about your approach to digital education and of course the Oscar and Zoe books;

♥ show parents the resources we have created;

♥ split the parents into small groups with something to eat and let them talk amongst themselves about the different aspects of digital life and their struggles and successes at home with tech.

As a teacher, we suggest you listen to the different groups to learn about the families and their ways of managing this. Some parents will have great ideas to share.

The set-up mentioned above is just one way you might use this document. We would love to hear about your experiences and ideas and how you have been able to link home to school in a positive way. Feel free to contact us with any questions and/or suggestions.

Best,

Allison and the Edit team

Conversation Starters

Family Media Plan

Digital media has become part of our daily lives. Families need to understand the benefits and risks of digital media.

Creating a family media plan is an excellent way to do this. A family media plan can help families live with their devices in a healthy way, to understand each other's perspectives, to avoid fighting, and to prevent unhealthy habits.

We think it is a good idea to sit together as a family and talk about these things. Listen to each other's needs, learn about what each of you likes, and where you spend your time online. Then you can talk about the questions below to make a family media plan that will work in your home.

Discussion questions for the whole family

✔ What do you love doing online? How do you spend your time online?
What bothers you online? What do you wish you could cut out of your media diet?

✔ Do you ever find yourself sucked in, watching, or consuming mindlessly?
When and where (in what online neighborhood) does that happen? How do you deal with it?

✔ What do you like doing that has nothing to do with your online life?

✔ How do you make time for these hobbies? What does the perfect balance for your family look like?
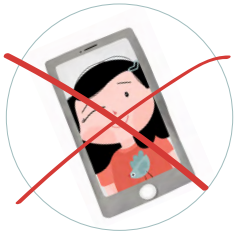
Screen-Free Areas
&
Device Bedtime

Screen-free areas (no-technology areas) are important for creating safe and healthy media habits.

Incoming messages and notifications can interfere with rest and can be tempting distractions when we should be sleeping.

Use of devices in private spaces gives children opportunities to share inappropriate things and potentially view inappropriate and/or pornographic content.

Every family has different routines and needs, but deciding on a time as a family when devices are shut off for the night is a great way to ensure that screens do not interfere with sleep.

Agreeing on screen-free areas can also help limit children's access to inappropriate and/or pornographic content.

Recommendation

To prevent sleep disruptions, and to limit sharing and seeing inappropriate and/or pornographic content, we recommend the following:

♥ There should be no tablets, computers, mobile phones, televisions, or gaming devices where adults or children sleep;

♥ All devices should be charged outside of the bedroom in a central location where they are difficult to use at night;

♥ For some children, it may be a good idea to charge devices in a parent's bedroom to deter access at night.

Discussion questions for all of the family

✔ What are some areas in your house that you would like to keep screen-free at all times?

♥ It may be a good idea to think about some areas where devices should not be allowed, such as bedrooms, bath, and toilet areas.

✔ Where will you charge the devices to discourage night-time use?

✔ What is a logical time for each member of your family to turn off media for the evening? This might be different for each family member.
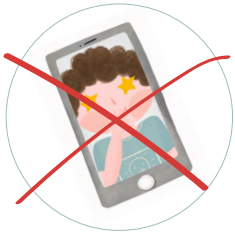
Screen-Free
&
Family Times

Using individual mobile devices can also interfere with conversations and family connections. Making certain times of every day screen-free time can help families connect and develop healthy routines.
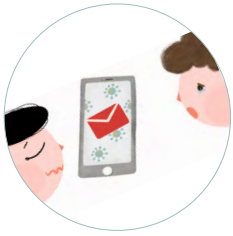
Discussion question for the whole family

✓ What are some times in your routines that you would like to be free of personal devices or media?

Some times to consider:

♥ Family mealtime, movie night, game night, walks, hikes, picnics etc.;

♥ Driving or cycling;

♥ Riding in the car, except for long trips;

♥ One hour before bed.

Citizenship & Safety

Thinking about citizenship and safety should not stop when we use electronic devices. Interactions online and offline can have real-world consequences, both negative and positive. Many children say that they do not tell their parents if they have negative experiences online. Your children may not share their mistakes, or may actively hide them from you if they think you will take their devices away from them, or stop them from using the internet. If they cannot use their device, children may feel they are not part of friendships or their social life. It is important to recognize that not being able to use digital media can feel like a massive loss for a child who uses it for social connection.

Recommendation

To help develop a healthy attitude towards online culture, we recommend that you

♥ Regularly and often tell your children what you expect from them;

♥ Show how you use the internet in a positive way;

♥ Share age-appropriate stories with your children about some of the dangers that exist online;

♥ Take an interest in the things your children like online. For example, play games with them;

♥ Visit your children's online neighborhood(s) and talk about their online communities;

♥ Be open and discuss your feelings about any offensive or problematic material your children share with you;

♥ Tell your children about mistakes you've made on- and offline, and about how you solved the problem or changed your behavior.

Discussion questions for the whole family

✔ What should you do when you make mistakes, are not sure about things online, or feel bad about what you have experienced?

♥ Share the content with a parent, mentor or teacher you trust as soon as possible.

✔ How should you react when someone shares mistakes?

♥ React with compassion/understanding and focus on how to repair the damage;

♥ Talk about the experiences or material and how it does or does not fit into your family's values;

♥ Ask school, counselors, or teachers for advice if needed.

Activity

Sometimes we need a little nudge to change our habits. To help establish good digital habits in a gentle manner the following cards can be cut out and displayed on the fridge or elsewhere in the house.

DIGITAL CITIZENSHIP

I talk
to my family
or someone
I trust

if I see something that makes
me feel uncomfortable online.

Oscar
& Zoe

At night all devices are outside my room

BECAUSE THEY MAY DISTURB MY SLEEP

Oscar & Zoe

I know it is important to spend time without devices.

Oscar & Zoe

Phones are not our mealtime guests!

THAT WAY WE CAN TALK ABOUT OUR DAY

Oscar & Zoe

Oscar & Zoe's new books

coming soon !

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