

DIGITAL ALLIANCE MAT

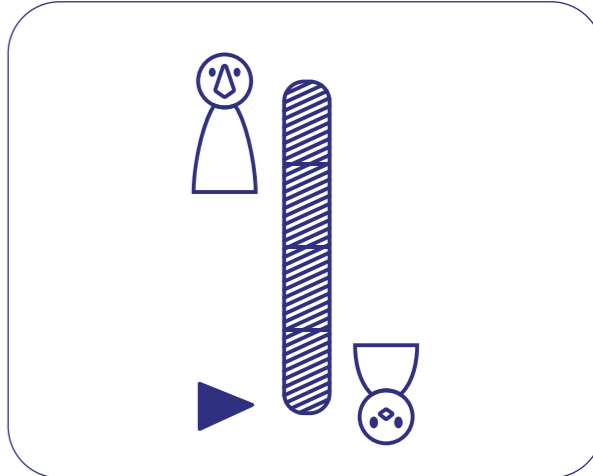
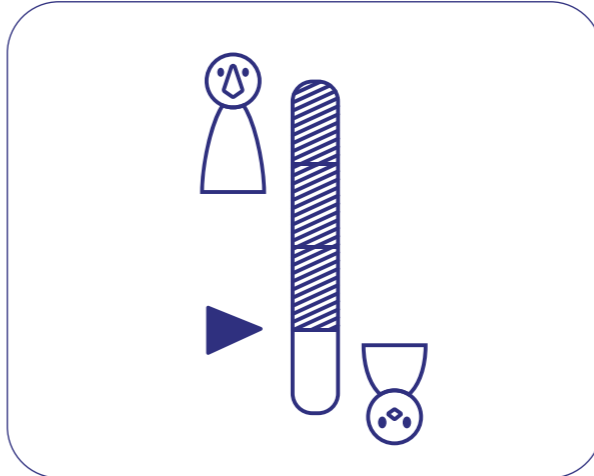
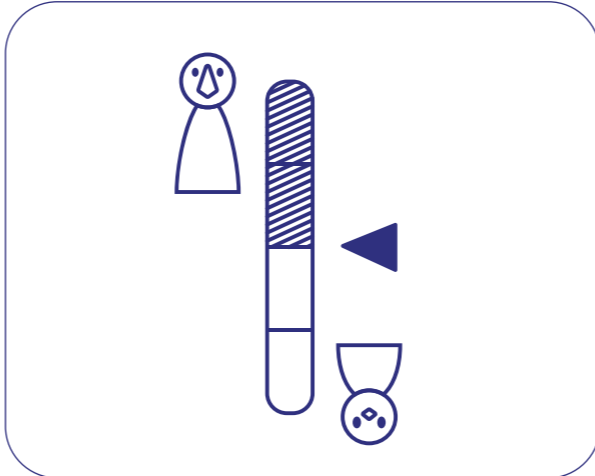
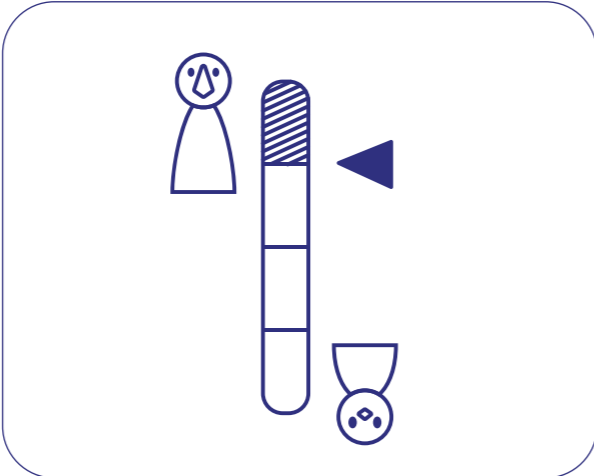
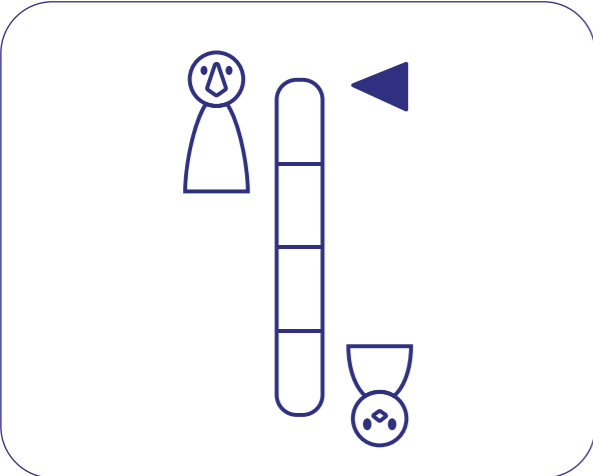
WHO HAS THE MOST SAY IN MAKING DECISIONS?



The adults in the family



The children, teenagers or young adults in the family



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LIST OF TWELVE IDEAS FOR ESTABLISHING A DIGITAL ALLIANCE

Digital hygiene

Take breaks from using devices to promote physical, mental and social health.

Screen-free areas

Agree and establish areas of the house where the use of one or all screens is restricted.

Usage time

Establish and agree on how long the devices can be used.

Setting up a family digital timetable

Implement a "screen-free hour" before bedtime to promote better sleep habits.

Family discussions

Creating spaces for open family conversations about technology helps us understand each other, share concerns and experiences and establish common boundaries regarding the presence of devices in everyday life.

Parental controls

Parental controls are a set of tools that help guide children's use of technology, focusing on protection and education rather than restriction.

Cyberbullying

Teaching about the dangers of cyberbullying and how to respond to these situations protects everyone.

Digital identity

Digital identity is the information we publish online, from personal details to hobbies, which shapes the digital image that others have of us.

Talks about digital preferences

Initiate family talks about digital preferences (e.g. apps, games and films or series) to assess their appropriateness and influence.

Talk about habits

Reflect as a family on screen-related habits to identify the pros and cons.

Visible screens

Place screens in visible places in the house to promote transparent and responsible use.

Setting up family accounts

Set up family accounts together on apps or streaming services to discuss security and privacy.

ESTABLISHING A DIGITAL ALLIANCE

PRESENTATION

A digital alliance is a way of talking about the basics of screen use (time, space, how to talk about it) that helps to manage conflicts later on.

Spend some time working on it in a fun or festive way. This is the best way to integrate screens and conflicts that may arise from their use in a relaxed way.

WHAT DO WE NEED?

- The digital alliance mat
- List of twelve ideas for establishing a digital alliance

THE STEP-BY-STEP EXPLANATION

- 1** Choose one of the ideas for a digital alliance and tick it on the list. Imagine a situation that could occur at home related to this idea.
- 2** And who do you think should have the most say when it comes to implementing this idea? Write in pencil the name of the idea under the space for the decision scale. Once everyone has had their say, talk about the outcome, decide who should have the most say and leave it written in marker on the scale.
- 3** Once you have discussed the twelve ideas, you will have a digital alliance proposal ready. Now it is time to sign the agreement and see how it will be implemented.

HOW DO WE ESTABLISH THE ALLIANCE?

We propose two ways of establishing a digital alliance:

An afternoon for the alliance: If you want, you can spend an afternoon setting up the alliance. Prepare a snack, a quiet place in the house and do all the cards in one go.

The alliance on the fridge door: Stick the alliance mat on the fridge door. Choose the idea you want to discuss, write it down on a piece of paper and stick it next to the mat.

During the week everyone can vote on where they think it should go. And you can take advantage of times during the week to talk (while driving, on the way to school, or having a themed dinner).

SIGNING THE ALLIANCE

Once you have established the alliance, write it down on a piece of paper where everything is clear:

- places to use devices,
- time spent,
- who makes the decision in each case,
- and who makes suggestions when there is a problem.

Make it an occasion, with some food and drink, and take a group selfie.

It's an important day for the family, isn't it?